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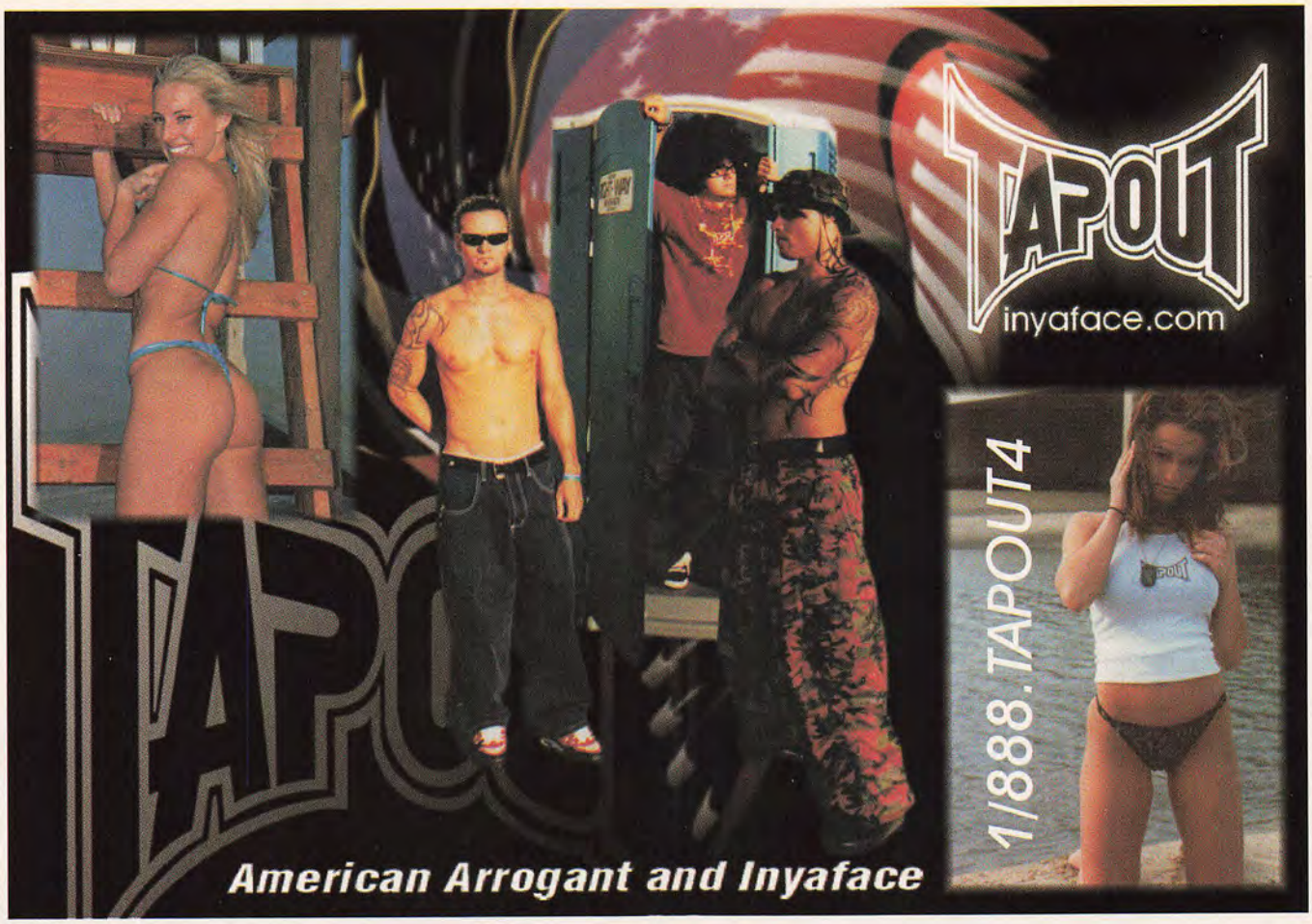

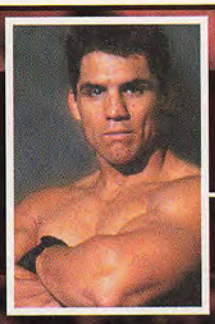

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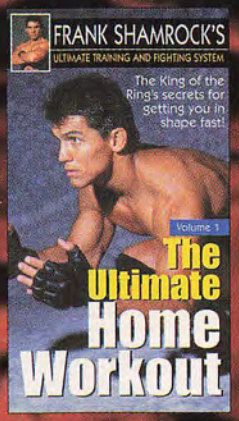
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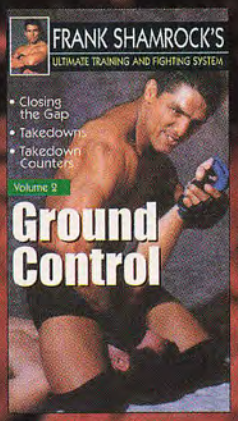

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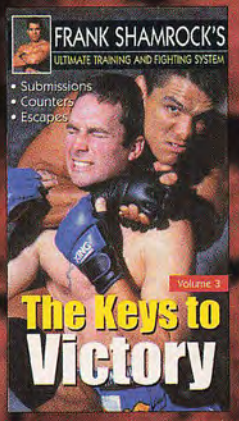

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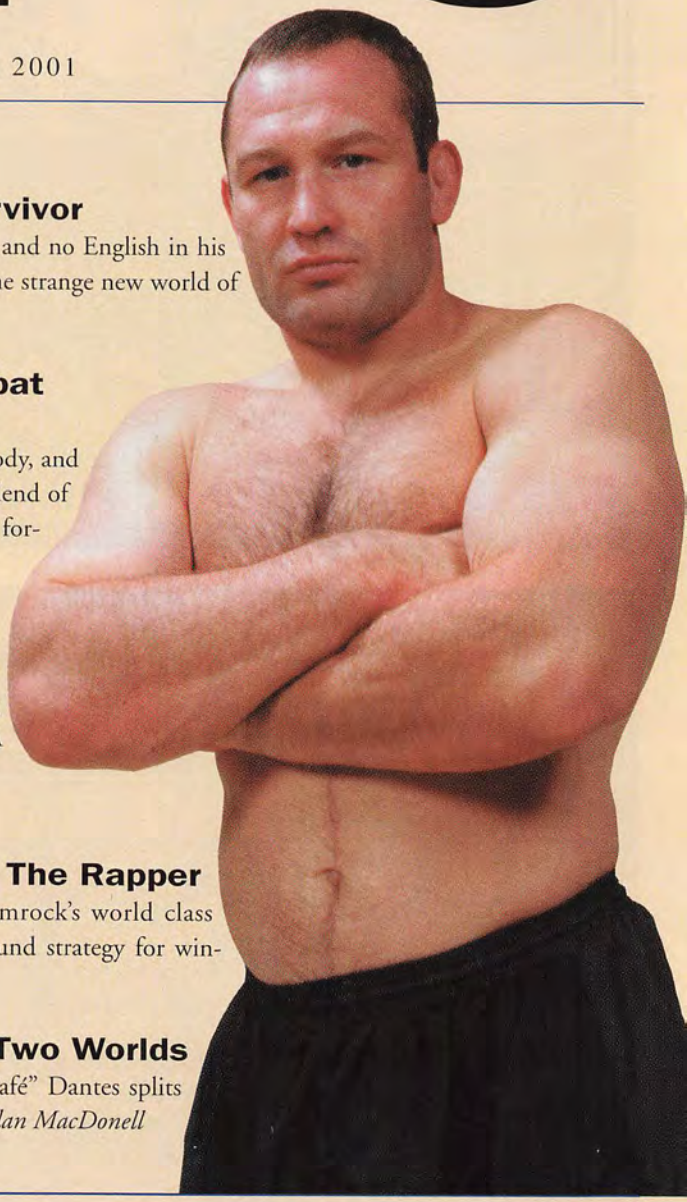

COVER STORY

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With only $100 in his wallet, a Greyhound bus ticket in his pocket, and no English in his vocabulary, Vladimir Matyshenko carved out a niche for himself in the strange new world of America. *by Bill Curry*

28 Howard Liu, Founder of Howard Combat Kimonos

MOVERS AND SHAKERS

Howard Combat Kimonos are a union of ying and yang, spirit and body, and war and peace. Howard Liu himself is a blend of sword, feather, and stone, all combined with gracious humility, inner fortitude - and more than a little luck! *by Bill Curry*

32 Hook N' Shoot Turns 5!

Promoter Jeff Osborne's Hook N' Shoot "Masters" show was contested in Evansville, Indiana, marking the historic fifth anniversary of this Midwest MMA slugfest and giving the fans a lot to cheer about. *by Richard Santoro*

38 Joe Hurley - They Call Him The Rapper

Lion's Den fighter Joe Hurley, part of Ken Shamrock's world class fighting team, has a simple pound-'em-to-the-ground strategy for winning fights — and it works. *by Loren Franck*

44 Alexandre "Café" Dantas - A Man of Two Worlds

A world-class vale tudo fighter and submission expert, Alexandre "Café" Dantes splits his time between the jiu-jitsu mat and the university law library. *by Allan MacDonell*

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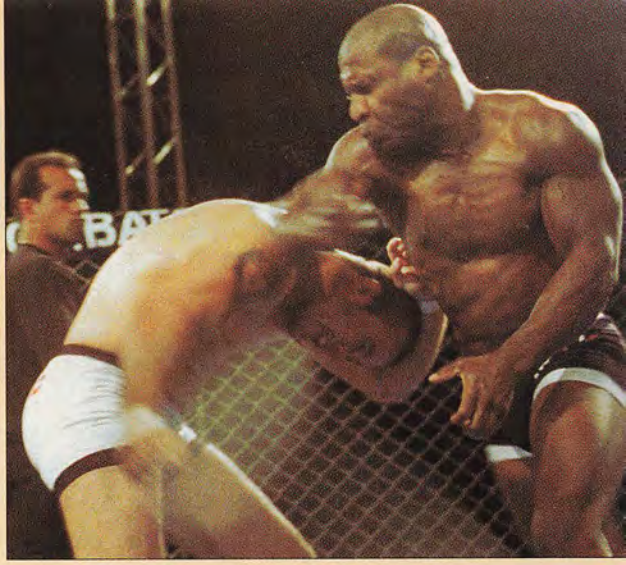
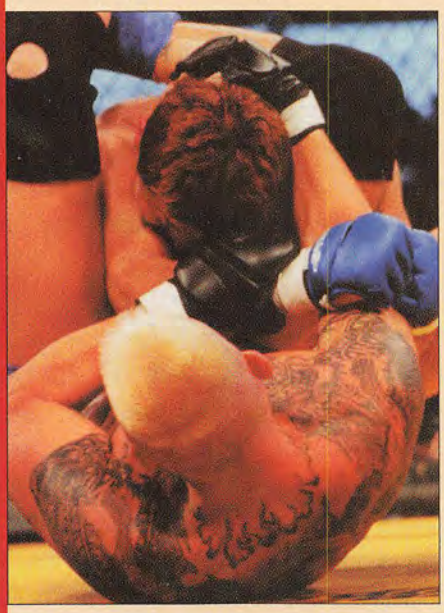


54 WVC XIII - Fire and Fury

World Vale Tudo Championship XIII from Recife, Brazil, was a treat for those lucky enough to watch top international fighters enter the circle of truth for no-rounds, no-gloves, and no-rules action. *by Todd Hester*

60 King of the Cage 9 Rages in Southern Cal!

After spending several months on the road, wowing audiences around the country, King of the Cage returned to Southern California and the friendly confines of the Soboba Casino with a bang! *by Kid Peligro*



68 Vitor Belfort - A Force of One, Part II

Only 22 years old, Belfort has been hailed as a hero and cursed as a bum. Yet with an internal balance the belies his age, he has managed to keep his head and his sanity throughout all the ups and downs. *by Todd Hester*

74 Larry Hartsell - The Pillar of American Grappling

Larry Hartsell is one of the world's premier grapplers. As much as 30 years ago, when all other martial artists where extolling the "unbeatable" arts of karate and kung-fu, Hartsell was teaching his eclectic mixture of grappling and submission fighting. *by Jose Fraguas*

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Editor's Note

BY TODD HESTER

Golden Goose Barbecue

Mixed martial arts (MMA) is a sport on the rise. After bursting onto the public consciousness in 1993, the sport virtually ceased to exist when it was banned off regular cable airways in the mid-90s. From the 300,000 homes who bought and witnessed the Royce Gracie vs. Dan Severn match, to a buy rate of less than 5 percent of that on DirecTV after it was banned, the UFC experienced a drop in viewers that easily matches any New Economy dot.com collapse. During those lean years, it was only the dedication of a hardcore group of fans who kept interest in mixed martial arts alive. These fans included fighters who often gathered to train themselves with the aid of tapes, Brazilian teachers who uprooted themselves and their families to come to North America and open schools, and grassroots submission fighting events put on by promoters who, more often than not, lost money just to keep the sport alive.

Included in this mix were fan sites which dutifully reported event results, ran articles on fighters, and reported on overseas shows - all at their own expense and usually at a loss. Sites such as shurdog.com were really the backbone of fan support and they were joined by shoestring-budget magazines such as *Submission Fighter* and *Full Contact Fighter* and shows such as Hook N Shoot, USWF, Danger Zone, Extreme, Rage in the Cage, SuperBrawl, and more. Now, however, with On Demand recently deciding to offer the UFC on regular cable TV again, Zuffa Corporation, the new owner of the UFC, has a great chance to raise MMA from the ashes and lead the NHB community forward into the next millennium. You would think that the grassroots fans who so dutifully supported mixed martial arts during its lean years would now be part of the resurgence they were largely responsible for engineering. Unfortunately, that has not been the case.

"In practice, full-contact karate quickly deteriorated into a competitive group of promoters badmouthing, suing, and trying to crush each other with a "last man standing" attitude."

Since its first show, the new UFC has bombarded the airwaves with ads on major broadcast shows such as *Howard Stern*, costing tens of thousands of dollars monthly. The UFC spent a quarter-of-a-million dollars to fly executives and elite fighters to a Pride show in Japan on a private jet. They paid for ads in *Maxim*, hired Carmen Electra as a spokesperson, and launched an ad campaign which targeted everyone *but* martial artists.

Now, it's hardly our place to tell individuals or a corporation how to spend their money or run their business. However, the hard fact is that none of the advertising budget of the UFC has gone to any of the fan-supported MMA Web sites - where, oddly enough, the majority of Zuffa's (and everybody else's) current fighter information still comes from. No advertising money has been spent in any meaningful way in any of the MMA media outlets. Eyada.com, the home of MMA pundit Eddie Goldman and his daily MMA Internet talk-radio show *No-Holds-Barred*, which drew over 15,000 listeners per week, recently ceased operations and went broke due to a lack of advertising. Furthermore, rather than working with the promoters and managers who have kept the sport alive, the new UFC has adopted the tactic of signing fighters from smaller shows, bypassing promoters and managers entirely, despite legally binding contracts.

It is a rule of the road that anything remotely related to martial arts or combative arts, other that professional wrestling or professional boxing, does not conform to standard business practices. The lesson of history is that any time decisions and strategies are made by corporations who have no long-term background in their mainstream community, the results have always been less than positive.

The prime example is full-contact karate, which everyone thought would put combative martial arts on the "mainstream sports" map. In practice, full-contact karate quickly deteriorated into a competitive group of promoters badmouthing, suing, and trying to crush each other with a "last man standing" attitude. Kickboxing in America now generates marginal interest, if any, and the potential big money has long-since headed south. While Scott Coker and the K-1 have recently began to reverse this trend, there is still a lot of damage left to undo.

Why did this happen? Because corporate sponsors tried to apply standard business practices to a field that is the exception

Continued on page 115

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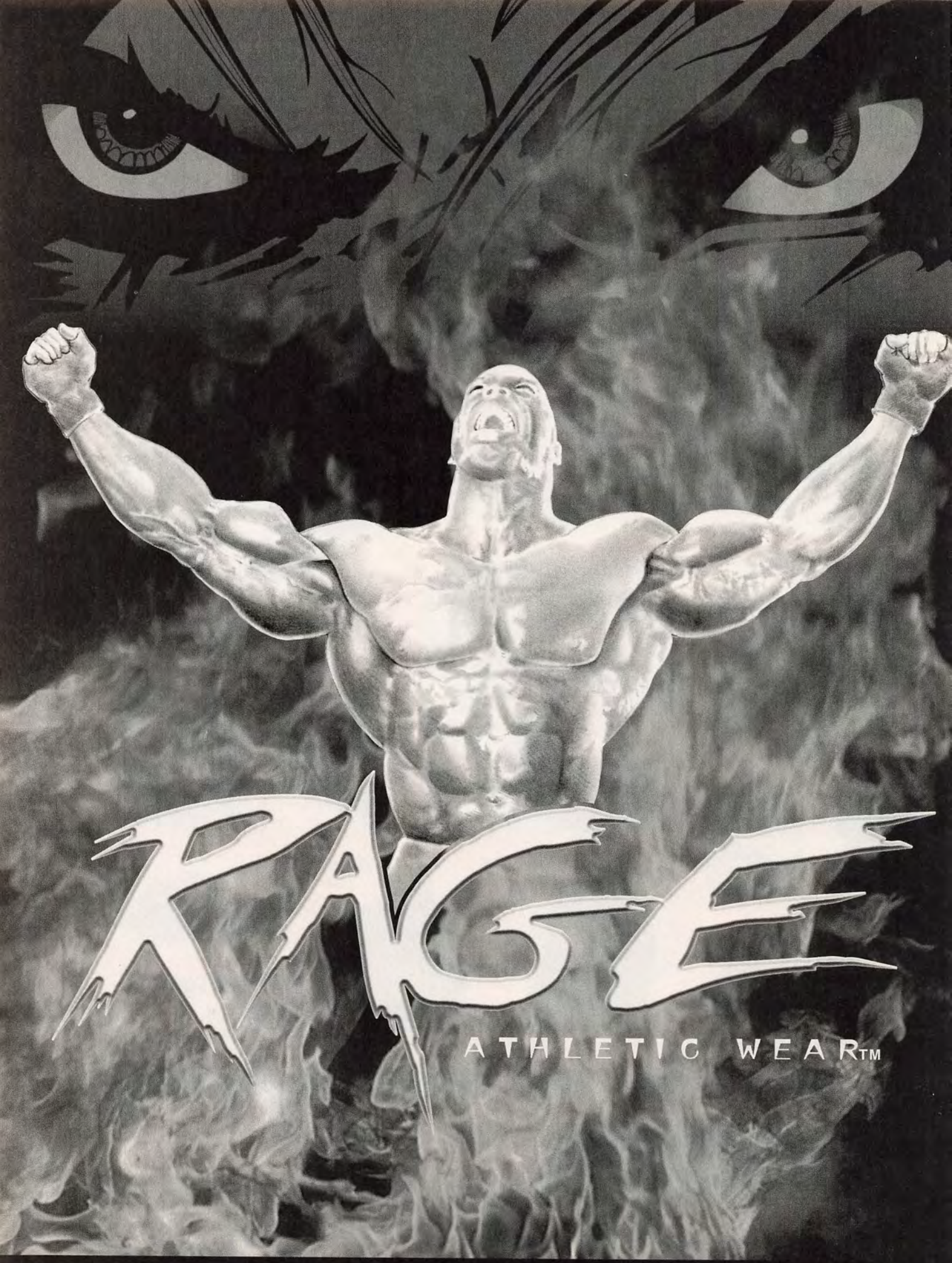

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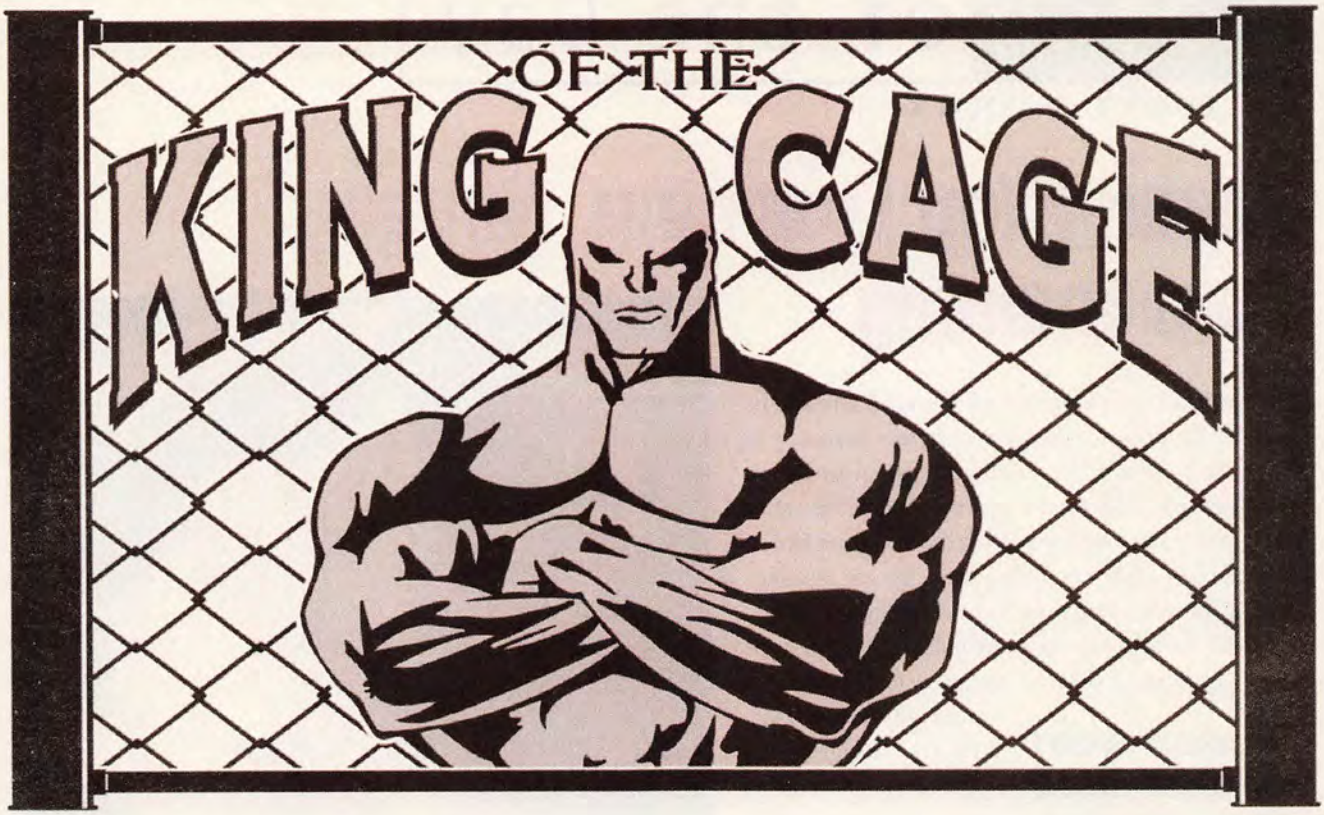

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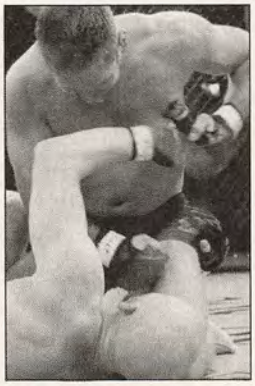
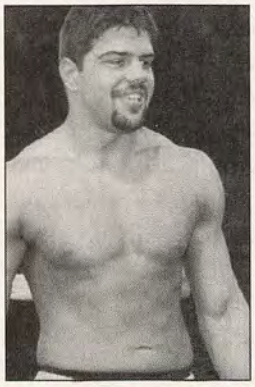
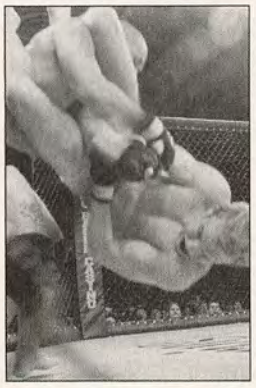
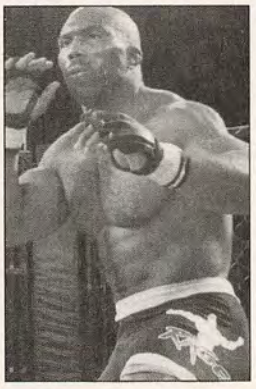

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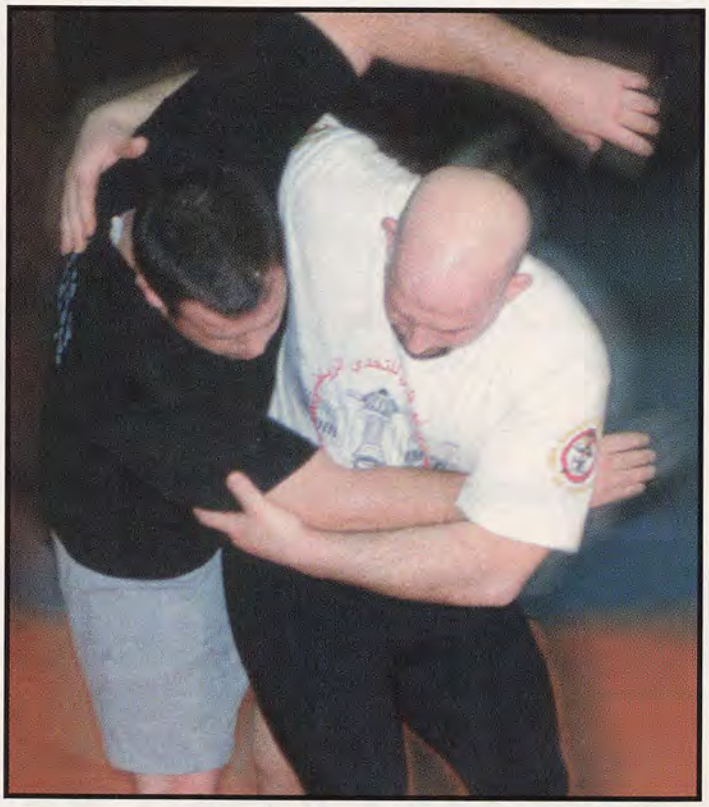
Catch of the Day

BY MATT FUREY

Never Stop Learning, Never Stop Training



If you have an autographed copy of one of my books, chances are that it was signed with one of two admonitions: "Never Stop Learning" or "Never Stop Training." Essentially, the message is the same. When you train, you learn. Each time I write one of these phrases I am not only giving advice to a customer, I am reminding myself of my personal motto.

Several months ago an anonymous person sent me a note, criticizing that he had seen me change my mind on various martial arts matters over the years. What this person wanted was a teacher who knows it ALL; one who has ALL the answers to ALL the questions. I guess he doesn't understand that any person, regardless of profession, who claims to have ALL of the truth today - is basically dead and/or lying. If he knows it all NOW, why go on? Without a doubt I make mistakes, but I also readily admit that I MAKE MISTAKES. After all, I am human and last time I checked, ALL humans fail, make mistakes, and fall short of the expectations of others. Anytime I can improve upon what I am doing, I will alter and amend my approach. What expectations can a person have of his teachers, if he thinks it is a bad thing for him to change his beliefs, methods, ideas and opinions - especially when it is done based upon new information and evidence?

"I guess he doesn't understand that any person, regardless of profession, who claims to have ALL of the truth today - is basically dead and/or lying."

The open-mindedness I have about grappling is a learned behavior I picked up at the University of Iowa from coach Dan Gable. I'll never forget the times when Gable returned from a trip abroad. Although he was an Olympic champion and an Olympic and world team coach, he would return from a tournament with a legal pad filled with new techniques, variations and ideas he learned from watching others compete. As one of his athletes, I never looked at him and thought, "Gable taught us the single-leg a different way before he left. Now he's changing it and doing it another way. He doesn't know what he's doing."

During my collegiate years, Gable was a bigger student of wrestling than the entire Iowa team combined. Yet, he was not only the coach for the university, but also the head coach of the Olympic team. His method garnered 15 NCAA team titles in 21 seasons. I guess there was great wisdom in his methods. Did other wrestling coaches follow the same approach Gable used? No, but many sat back and criticized him for "destroying the sport" by winning so often. Instead of trying to climb to his level, they sat back and took shots.

One incident I'll never forget was the day I pancaked and pinned a 190-pound wrestler from Ohio State in a dual meet in Iowa City. As I walked off the mat Gable greeted me first. He put his hand on my shoulder and said, "Furey, you gotta teach me that move." I thought he was joking, but he wasn't. He most certainly knew the move, but wanted to see how I got into it. In the wrestling office, there was a video-viewing room where we would watch old matches or technique films. During my sophomore year there was a series of videos from

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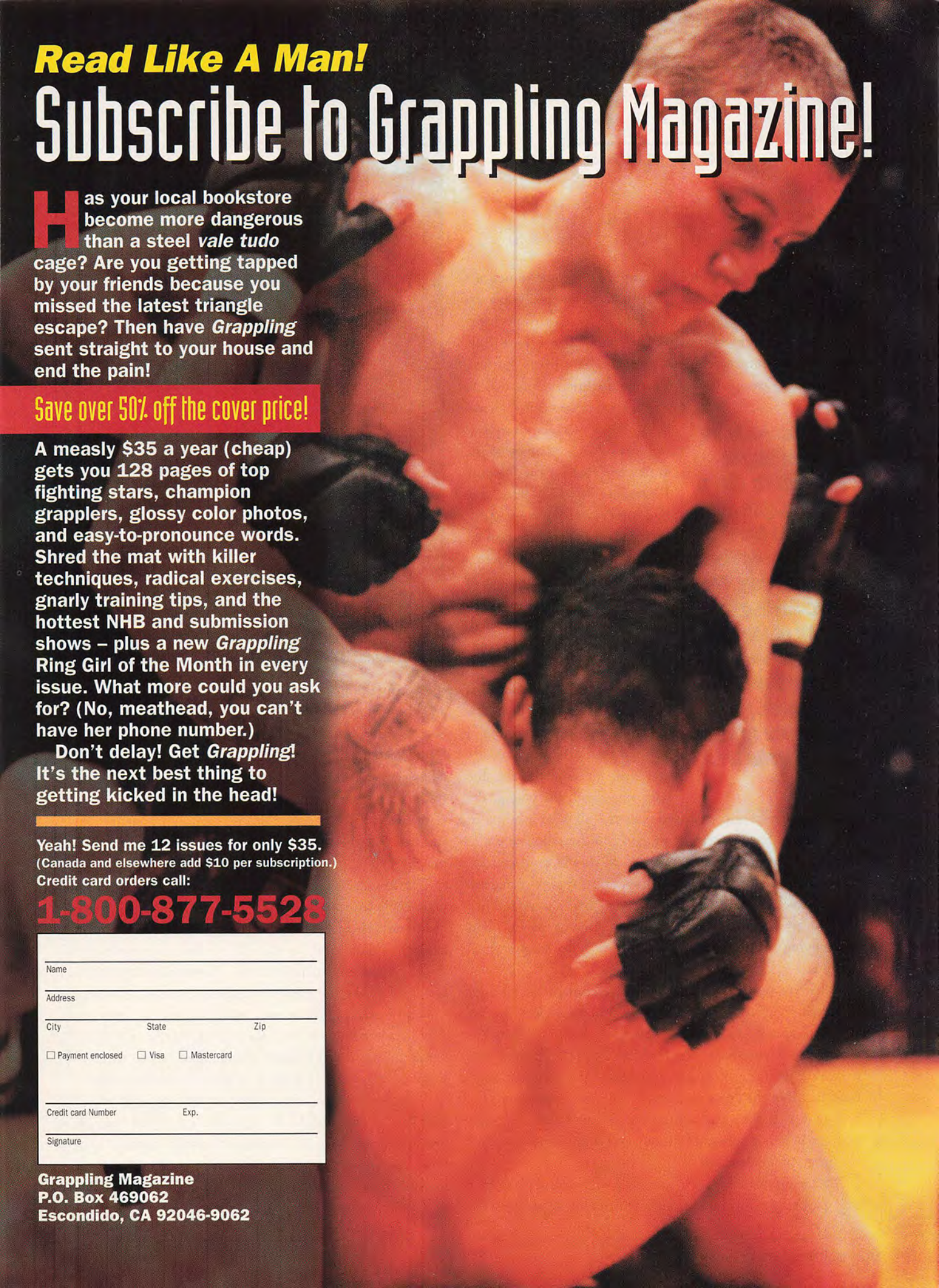

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Gi Whiz

BY ROYLER GRACIE

Compete or Die?

Because I am such an avid competitor, people sometimes think that I force my students to compete. People are constantly asking me what I do to force or to push my students to enter tournaments. The truth is that I don't really encourage or push anyone to compete. As a matter of fact, my school does not have a huge competition team. We do have a quality competition team, but it is certainly not as large as other academies of the same size. I believe that because I compete regularly and have had success in competition, that is a natural encouragement for my students to compete - but we have a large number of students who do not want to compete, have never competed, and have no intention of competing.

"If a school is so dedicated to competition that it segregates and ridicules the non-competitors then that is wrong. They are limiting the access of the sport only to the very fit, and are denying many good people the chance to learn a wonderful art."

I believe that competition is only one aspect of jiu-jitsu, not the sole purpose of training. I believe that the sport is for everyone: the slow, the fast, the large, the small, the young, the old, the fighters, and the peacemakers - all have a home in BJJ. They all have something to gain and they all have something to contribute to and therefore all should be respected. If a school is so dedicated to competition that it segregates and ridicules the non-competitors then that is wrong. They are limiting the access of the sport only to the very fit, and are denying many good people the chance to learn a wonderful art.

What we do in my academy is give students an option. We teach people the art of jiu-jitsu as a normal sport, but we also have specific times when we train for competitions. So we have an environment that lets the student be the one who makes the choice of what is best for them. If they want to go head-first into the arena or cage, we have all the programs for it. But if a student just wants to learn for fun and exercise and get better at jiu-jitsu without ever competing, we have the program for that, too.

The main advantage for someone who competes is that they participate in much more intense training sessions. As

the competition nears, the training gets harder and harder and the techniques and timing get sharpened-up quite fast. So the competitor, in general, has these bursts of progress brought about by the demands of intense training for a specific event. On the other hand, the regular student generally trains at the same pace every week and without the same immediacy of the deadline of the event - so their progress is steadier. But the two should get to the same destination in the end.

The lesson here is that if you compete regularly, you normally will advance and learn the techniques faster than a non-competitor; but if a non-competitor were to train as hard or as often, they would achieve the same results. Additionally, there is a balancing factor. The non-competitor, who is not bound by the need for immediate results, can concentrate on furthering the nuances and subtleties of every move. The competitor, on the other hand, needs to fulfill the requirements of tournament scoring, and has to narrow the scope of their game in order to achieve maximum results

I like to say that if two people are driving a Ferrari and a VW Bug, if they stick to the right road, they will both get to the same destination. So for all that want to compete I say go for it. And for those who don't want to compete I say go for it, also. You are all part of Brazilian jiu-jitsu and can all share its many physical, mental, and health benefits.

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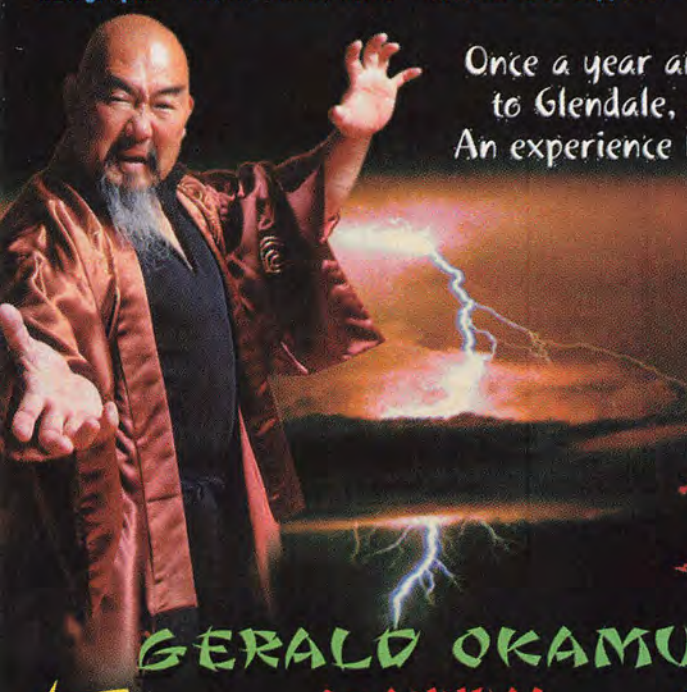

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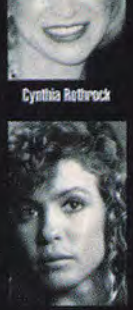
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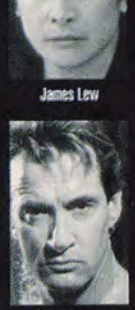
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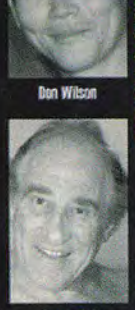
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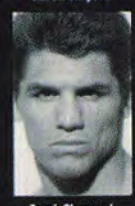
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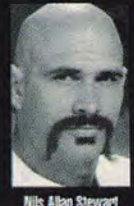
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Mat Time

BY KID PELIGRO

The Sport of Survival

Why do we train grappling? Why do we do this to ourselves? After ten years of training, my body aches from the severity of training and competition. My left knee hurts from accidentally hitting someone's ankle, and my right arm has tendonitis from not tapping quickly enough at a tournament. My lower back is in constant pain from the hardships of being mashed while defending the guard. Added to that is the combined pounding of running for cardio endurance and lifting for strength. I can without a doubt say that I have had aches and pains since the first day I started training jiu-jitsu. This pain and suffering is not limited to jiu-jitsu players only, but is shared by all practitioners of the grappling arts be it judo, sombo, wrestling, or anything else you can think of. So why do we do it?

What is it about rolling around sweaty and tired, and having our faces ground into a rough mat that we love? I remember the first time I took a BJJ class. The instructor told me, "I am going to try to mount you. You try to avoid it. Then I am going to try to submit you and your job is to avoid it. If you know any submissions, try them on me and if you catch me I'll tap." Needless to say, what followed was an eternity of being mounted and then tapped. At that point I realized what most of us have realized at one time or another - we are extremely vulnerable if we don't know how to protect ourselves!

"What is it about rolling around sweaty and tired, and having our faces ground into a rough mat that we love?"

It may seem simple, but that is probably the biggest motivation for people to start training in a self-defense method. It is the inherent fear of being unable to defend ourselves that motivates us to learn how to grapple or kick or punch. In the beginning, I used to think that was a small person's trait, not a general human trait. But after years of talking to people, I have come to realize that even big guys are afraid of combative failure. The very big guys are afraid of bigger guys getting the best of them, or even worse, or having a smaller person beat them in front of others.

Grappling, however, takes that fear one step further. Now we need to not only know how to defend ourselves, but also we have to know how to defend ourselves in a specific situation - in this case, on the ground. So we venture to a BJJ school, or a judo academy or a sombo dojo and start the suffering that goes with learning the art of submission. But that is just the beginning. After a few months of training, a normal person knows more than enough to defend themselves in most situations. But do we stop there? No, of course not. We just keep coming back for more.

Why? Because the sport of grappling is as unique and appealing as life itself. As was once explained to me by a top BJJ black belt, "When you grapple with someone, you have to use all of the faculties you were born with. When you grapple, you use your strength, flexibility, quickness, and intelligence. You use your hearing, your vision, and your sense of touch. And you opponent does the same! It is an irresistible game." In grappling, you are winning the most basic game humans play - the game we have been playing and perfecting for thousands of years - the game of survival.

Of course, that doesn't mean you should go out and kill your training partner. Like any other game, we enjoy it because we can compete without getting seriously hurt and without hurting others. Jiu-jitsu satisfies that basic drive we all have to defend ourselves and our family. Plus, it's fun! Now go hit the mats!

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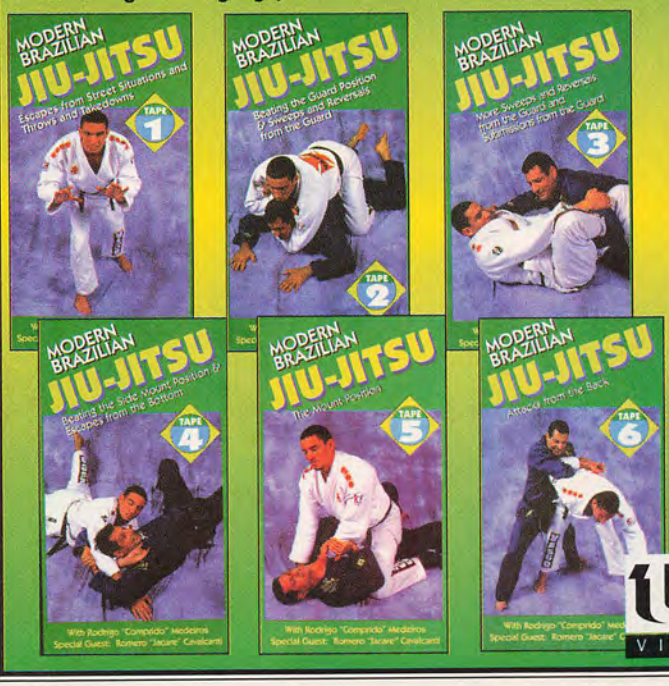
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Ring Girl

OF THE MONTH

Kitana Baker

Anaheim native Kitana Baker led a "normal" Southern California life of shopping, parties, and trips to the beach - until she decided to enter a ring girl competition for King of the Cage. Since then, her life has definitely changed!

"In August 1999," Kitana remembers, "I was asked to participate in a KOTC ring girl competition. And well, I'll admit I was disqualified for showing a little more than I was supposed to. But nevertheless, at the next fight I was called and asked to become a regular ring girl. I have been at every fight since then, except for when I have been on tour with Déjà Vu."

After winning the contest Kitana went on a roll. Later in 1999 she went on to win the Déjà Vu Show Girl of the Year competition, appeared on the cover of *Déjà Vu* magazine, and then went on to be featured inside the October, May, and November 2000 issues. But the best was yet to come. In January 2001, Kitana attracted the attention of the Playboy Channel, and was featured in one of their entertainment segments. During the filming for that, the producer of the Playboy Channel series *Night Calls 411* gave Kitana his card. Two days later she made her first appearance on the show and has been in every episode since.

Soon, other offers were rolling in. Kitana appeared on the Sugar Ray video *When It's Over*, playing a she-devil, and also graced the cover of *Import Tuner* magazine. But just because Kitana's acting and modeling career is taking off, don't think that she has forgotten that her appearance in a mixed-martial-arts show was responsible for giving her early career a big boost. "I love the martial arts," Kitana says. "As a matter of fact, for the talent portion of the Show Girl of the Year contest I did a sword kata."

With more acting, modeling, and personal appearance requests coming her way, it seems that this striking 5' 10", 23-year-old beauty is ready to take the entertainment world by storm. Rest assured that *Grappling* magazine will keep a close eye on her!

To learn more about Kitana Baker, or to send her a proposal for acting and modeling jobs, visit her on the Web at www.kitanabaker.com.

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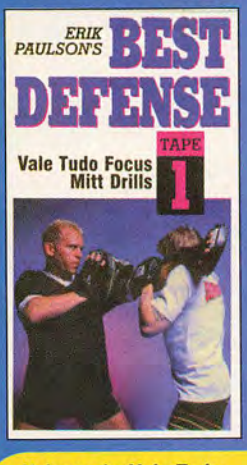

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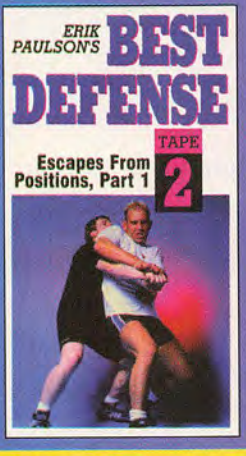

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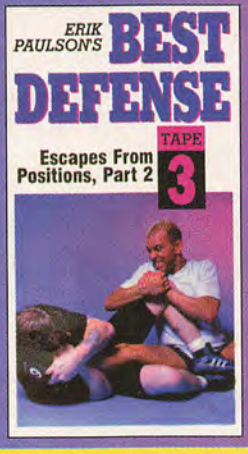

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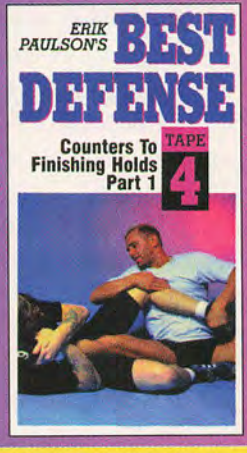

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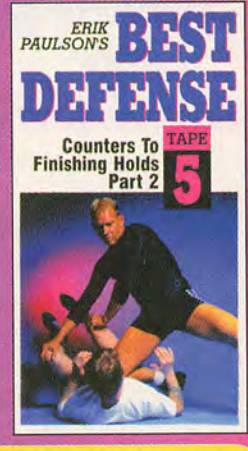

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Damage, Ink

BY EUGENE ROBINSON

Trigg-a-nomics 101

Did you ever think that maybe you should try something else besides this loser and still champion thing?" Frank Trigg asked, his eyes searching for a clue as to how to phrase this super-delicate thing he was struggling to say. "You know, like maybe try fighting guys who aren't pros."

I shrugged. "To paraphrase Mae West: I could get beaten by an amateur just as easily as by a pro - but what's the point?"

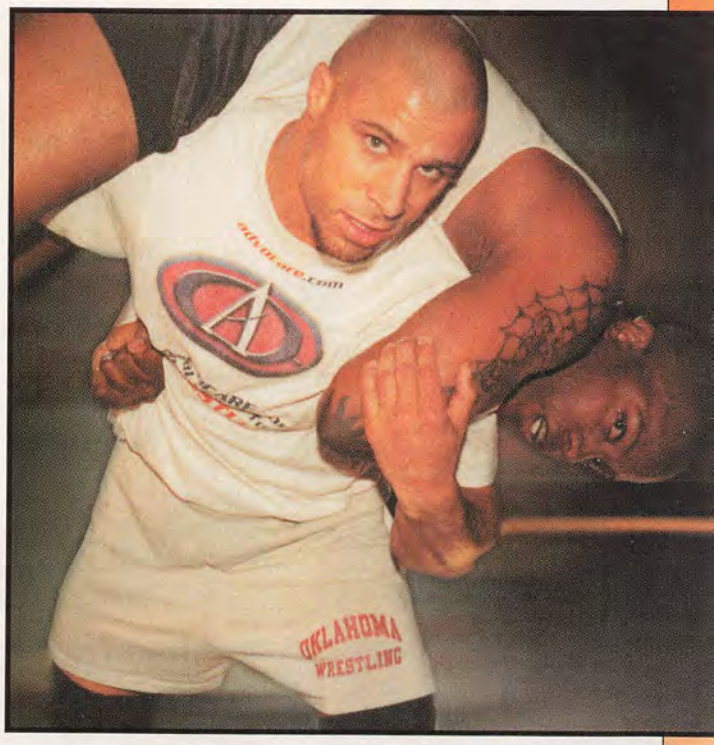
His look said it all. His look said it so he didn't have to. His look said, "You sick, poor, delusional son-of-a-bitch." And there it was again: the complete inability to understand why one sane individual would subject himself to an almost certain beating against the tremendous upside possibility of that magical UPSET. Why, indeed?

I grabbed my gym bag, leaving my failure-fearing training partner in the deepening red of the day, and headed into a destiny that involved a trip over to see one Mr. Frank Trigg. He of the RAW (Real American Wrestling) Team. He, the USWF Middleweight Shootfighting Champion, the ranked National Freestyle Wrestling champion and the scorer of a knockout over the World Vale Tudo 4 Champion, Marcelo Aguilar. Yeah. Frank would do.

"I knew like I knew the sun was going to rise and the moon was going to set that I was going to win this one. The phasers were set to disintegrate for Trigg."

He weighed in at 180 pounds but since the Gholar Gutting I had changed my training, adding in sand-bag work (road work with 25 pound and 50 pound sandbags) and a half a dozen secret (but NON-chemical) cardio tricks. Tricks gleaned from some of the best. They had shaved me down to an even 200 pounds. So I was ready for Frank. I was ready - like a bullet I was ready. I had seen the future and despite the Trigg tapes I had watched and ignored ("fight the fight, not the fighter") I knew like I knew the sun was going to rise and the moon was going to set that I was going to win this one. The phasers were set to disintegrate for Trigg.

Stepping into RAW Training Center in El Segundo, California, I dug the mellow vibe. I dug the fashion model photo shoot happening near the ring. I dug the Grappling mag photo crew. Oh yeah, and Trigg was there too. He had four or five other fighters seated against the wall and he was



stretching them one at a time. Not too hard (my only inkling that he was expecting me). And not too fast.

I had been undecided as to how I should play it. Antagonize: "Hey, they tell me you fight like a girl." Or appease: "How are you Mr. Trigg, sir?" I played it neutral.

"You Frank?"

"Yeah."

"I'm Eugene. We can get started in a bit."

"Fine."

I took note that his trademark Dennis Rodman-esque painted toenails were in full effect. Then I remembered that they had called him Twinkle Toes and I knew like I knew that the ocean would meet the seashore that I was going to win this one. Losing against a man called Twinkle Toes wasn't an option.

The cameras were set up to record My Triumph and we went at it. On the basis of his tapes that I had pretended not to watch, I was prepared for a bull run and was surprised that he hung back. This is a good sign and a bad sign. Good in that he's maybe thinking twice. Bad because he's thinking twice.

We lock up (after I tried and aborted a few duck-unders)

Continued on page 101

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CH#2 Street Guard (part one) Chris shows takedowns for street & vale tudo, including how to enter safely on a bigger opponent. Pummeling & the modified clinch. And the introduction into the dynamic, aggressive, guard designed specifically for the street! Including the use of the "whizzer" in the guard. This is a must see tape.

CH#3 Street Guard (part two) Chris shows how to set up your offense in the guard, including the infamous climbing armlock. How to defend from strikes while in the guard on the street, as well as how to kick while in the guard and get back to you're feet! Chris also teaches the "snakecatcher" tech used to get in on someone who is kicking at you from the guard. This is material never before shown on video!

CH#4 Street Guard (part three) Chris teaches the four lines of defense in the guard. How to counter a big wrestler who is trying to "stack & smack" you in the guard. And goes into the ways to pass the guard in the street. This tape will take your guard game to whole new levels, every serious fighter needs this info!

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CH#6 Turtle Position Chris teaches you how to submit your opponent when he turtles under your strikes. How to escape from the bottom, overturn your opponent, and get on top! How to block out the hooks and get the guy off your back, and how to defend your neck in the street. This tape contains new material that will change the way you roll immediately!

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TAPE 2 Defeating the Guard

Once on the ground, most people will not know how to defend themselves and will be easily defeated by a Jiu-Jitsu fighter. However, a grappler or wise street fighter will attempt to fight with his legs to defend himself. Mario Sperry will teach you how to defeat even the best fighters legs (guard) using techniques that are unstoppable and unknown. You will see why 99% of the guard techniques learned today are not the most effective you can use in a street fight. You will learn how to quickly open the closed guard of any fighter, and pass his legs with never before seen techniques! Learn to defeat the half guard and much more! Also includes, Mario Sperry in Action!

TAPE 3 The Crossbody & Knee-On-Stomach

Prepare to learn a whole new method of Jiu-Jitsu that you never thought existed! We guarantee that that the techniques taught in VALE-TUDO are far more powerful then anything you have ever witnessed. The Zen machine will show you how the Crossbody should be used for the street and why sport style crossbody techniques are dangerous. You will learn to easily finish the fight from this position with devastating strikes and submissions that will amaze you! You will also learn how to properly use the most powerful and highly misunderstood position in Jiu-Jitsu, the knee on stomach! Here Mario will teach you a whole new style of Jiu-Jitsu that will give you a new arsenal of weapons never thought possible! Don't confused VALE-TUDO with other tapes showing sport style moves without the uniform. This tape contains a fighting style never seen before that will enable you to easily defeat all other styles of grappling and handle any opponent in a real fight!

TAPE 4 The VALE-TUDO Mount

Forget everything you know about the mounted position! The Zen Machine wi teach you a whole new incredible method as you learn why the mount position taught in sport style Jiu-Jitsu schools will not work as planned in the street! Are you having trouble staying mounted on big opponents? You wont any longer as Mario shows how to put a quick stop to all escape attempts that will render your opponent frustrated and desperate. You will learn how the mounted position was really intended to be used as Mario teaches you special techniques to wear your opponent down making submission holds easy to apply. Mario Sperry's striking techniques from the mount are so incredible that it is worth the price of the entir set of videos alone! Also included, Mario Sperry in action!

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TAPE 6 The VALE-TUDO Guard

Think you know how to fight from the guard? Think again! This tape will totally change your understanding of the guard and how it should be used in a street fight! The Zen machine will show you how most guard techniques learned in sport Jiu-Jitsu will not work in a street fight and are extremely dangerous. Then Mario will teach you the proper way to control, strike and defend with your legs in a real fight. This video is a real eye opener and will surely shock many sport practitioners as Mario teaches how to demolish those attempting to use conventional methods of opening your guard and passing your legs! You will also learn when and how submissions from the guard should be used. This tape is definitely the most important work on

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TAPE 7 Advanced Takedowns

Here, Mario and Murilo break the standing fight game down even further. Special punching techniques developed my these two masters allow them to enter into a takedown without getting hit. Mario breaks these techniques down showing what and what not to do if you face a strong striker. Next, you will learn special techniques for taking down strong wrestlers or experienced fighters that refuse to hit the ground. Mario also covers more ways to smash opponents that want to hang onto a octagon type fence. Great material! Next, Mario teaches how to get your opponent's back while standing and teaches multiple advanced methods of punishing and bringing them down!

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TAPE 8 Attacks From The Closed Guard

This super hot tape brings fighting from the guard to a whole new level. Learn to attack safely, and apply advanced armbars and chokes without getting hit, that will catch your opponents off guard. Learn special turnovers that work against striking opponents that lead to devastating spine and neck submissions. This tape is loaded with new material! If you liked his first guard tape,

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TAPE 9 Attacks From The Open & Half Guard

This tapes is serious Vale-tudo. Mario starts with some brand new Vale-Tudo sweeps and then starts to really bang away with really slick new submissions. As Mario teaches in his first series, submissions against striking opponents are difficult unless you know the proper timing. Here, Mario and Murilo teach the skills to catch arm bars and chokes against those really tough opponents that are trying to smash you! Mario then takes you to the half guard and teaches some really hot turnovers and submissions not covered in his first set of tapes. Mario also covers more techniques for opponents that sit in the turtle position like wrestlers, and teaches new ways to turn them over and get back into the game! Finally, learn how to defend and reverse a bad situation like someone getting your back. All new hot material here!

★★★★★
HIGHEST FIVE STAR RATING!

Bill Lewis Video Review Website
http://members.aol.com/bjj33/billmain.htm

TAPE 10 Attacks From The Top

Retiring from the fight game in 1999, Mario reveals one of his fighting trade secrets, his four positions of control theory! This method he personally refined and uses in all his no-holds barred fights, allows him to totally control any opponent and move from position to position based on what escape his opponent attempts. These techniques, will allow you to bring your Jiu-Jitsu game to a whole new level that you never thought possible and can be used with or without the kimono! Mario then shows some hot new ways to mount your opponent during a no-holds barred fight. You will then learn new devastating neck cranks, chokes and some really hot new escapes from the knee on stomach!

TAPES 11 & 12 Vale Tudo Leglocks!

This two tape set is the definitive word on leg locks! Here Mario and Murilo break down the attack on the legs into never before seen details and variations. These two videos contain only no-holds barred and street fighting leglocks! No fluff stuff here! Leglocks are detailed from every possible position you can think of, top, bottom, standing and every position in between! Learn new leglocks just developed in Brazil like sweeps into leglocks and more! Mario will show you how to break and twist the legs with every possible combination from the foot, ankle, calf, knee and hip! Mario also teaches why some leg attacks may not work on certain opponents and how to tailor each attack based on your opponents weaknesses. Definitely the greatest work on Vale Tudo leglocks ever on video. You wont want to miss these two tapes!

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No-Holds-Barred

BY EDDIE GOLDMAN

Eyada Closes It Doors

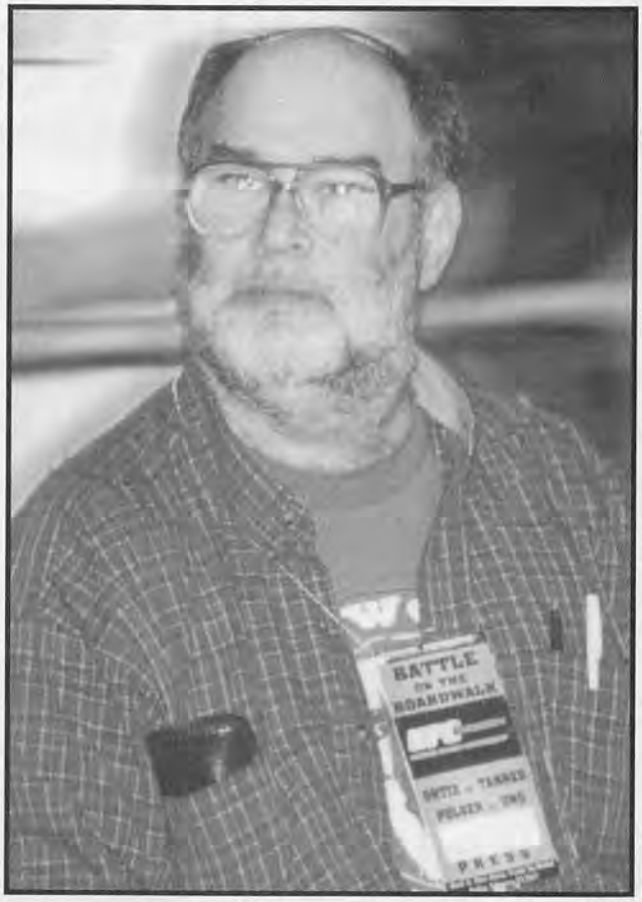
MONTREAL, July 9 — I received the news while in upstate New York en route to Montreal for Tuesday's Super Boxing Gala at the Molson Centre. The company on which I had hosted the "No Holds Barred" Internet talk show for 21 months, eYada.com, has closed down, effective immediately. I was informed by my rugged producer, Al Gattullo, who had become a key supporter of the combat sports in this period. More details will follow as I get them, but for now, all of eYada.com is done.

There are literally tens of thousands of people if not more that I want to thank. First off, the crew at eYada, who took a chance on a show focusing on a sport that still was banned on cable in the U.S. at the time, and let me run with it as I liked and include boxing, wrestling, grappling, and all the combat sports in the mix. I want to thank everyone in the combat sports that helped to make the show successful in the area of content, from the countless fighters, wrestlers, promoters, managers, media people, and everyone else that was a guest on the show, that sent me valuable information either publicly or for use without attribution, and that provided facilities and support to webcast the show live on the road from all over the U.S. and also in Japan and Canada. I guess it was appropriate that our last live guest on our last show was the man who just may be mixed martial arts' brightest star, Tito Ortiz.

"It was not hype when I called you the most intelligent group of fight fans on the Internet. Like always, I call it as I see it."

But most of all I want to thank the listeners, the growing legions of supporters who understood the mission of this show and regularly flooded my e-mail with all sorts of comments, essays, and questions. Without you, there would have been no "No Holds Barred." It was not hype when I called you the most intelligent group of fight fans on the Internet. Like always, I call it as I see it.

I am reminded of the advice given by the labor activist Joe Hill upon his impending execution: "Don't mourn, organize!" The mission of "No Holds Barred" was simply to popularize and support the combat sports and all those involved in them, and to fight for integrity and fairness and against corruption in them. "No Holds Barred" on eYada.com may be finished, but that mission is certainly not. In exactly what



manner I shall pursue this mission is today unclear, as I had hoped to do it at eYada. I am, of course, still a contributor to Maxfighting.com, Maxboxing.com, and *Grappling* magazine, as well as a freelance writer. But the core of my work (and income) was at eYada. Any suggestions are welcome.

It is also important to add that the combat sports, and particularly mixed martial arts, have lost a major vehicle to popularize these sports. There is a void to be filled, and I now suddenly have more time on my hands to help create or expand other such vehicles. Any suggestions on this are also welcome. Anyone wishing to contact me should no longer do so at eYada. Here is my contact information (e-mail is the best - remember, I'm out of work now): maxfeddie@aol.com, (212) 946-5364, Eddie Goldman PO Box 873, Cathedral Station, New York, NY 10025, USA.

So that's it. As I closed my last show last week, as I usually did, I said, "Keep on supporting ALL the combat sports." I hope you still will.

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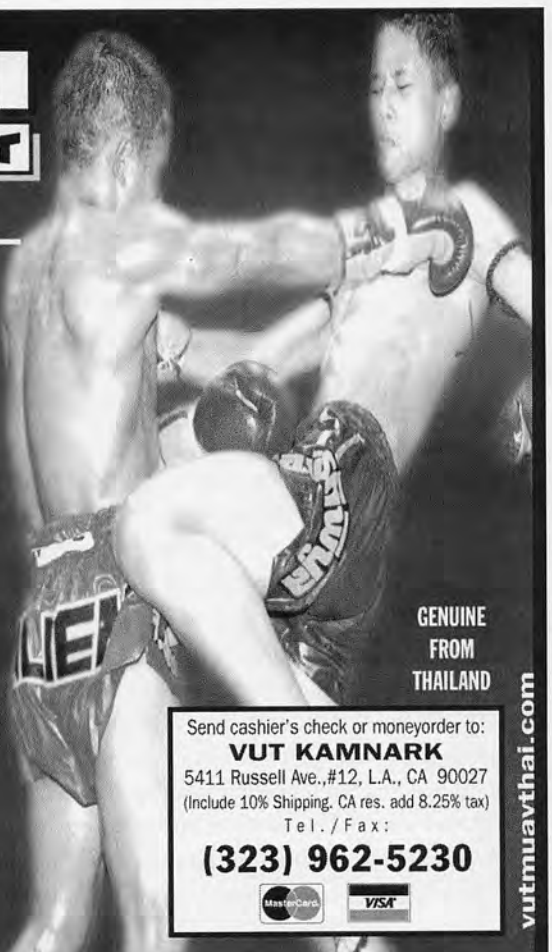

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Against The Fence

BY JACK DANIELS

How To Improve Your Reflexes And Reactions

Most NHB fighters know that speed and reaction time are the most noticeable skills which deteriorate following a layoff. Numerous studies have shown that athletes have FASTER reaction times than non-athletes. NHB fighters are no exception, and in such a fast action-sport reaction time and speed often make the difference between victory and defeat.

The biological bases of movement and reaction time is complicated. While there is no need to go into it in great detail, certain terms and concepts should be understood. This will better help you to design a training program to improve speed and reaction.

There is a difference between REACTION TIME and REFLEX TIME. Reaction time is the time elapsed between the application of a STIMULUS (an attack by an opponent) and the moment of RESPONSE (a defensive block). Usually this term is applied to reactions requiring a CONSCIOUS response.

Both response use the same neurobiological principles. The initial input in the reaction time is through the so-called SENSORY INPUT. In response to a stimulus such as the visual cue of an opponent's attack, signals pass from the sensory organs - in this case the eyes - to the brain. These signals pass along nerves called SENSORY NEURONS. The information is assessed in that part of the brain which handles visual stimuli, the VISUAL CORTEX, and then relayed via connecting nerves called INTERNEURONS to the cell bodies of those nerves which connect to the skeletal muscles. The signals the pass down the MOTOR NEURONS to the NEUROMUSCULAR JUNCTION. This the initiates the muscle fiber CONTRACTION which results in movement.

The basis for responses at higher levels of martial arts and other fast actions skills is a reflex response, in particular a CONDITIONED reflex. In this case, reflex time is equivalent to reaction time but the response occurs at an UNCONSCIOUS level. Under many conditions it is impossible to differentiate reaction time from conditioned reflex time, and in martial arts the transition from reaction time to reflex time will not always be apparent but will derive naturally from constant REPETITION of the same movements in training.

Many studies have been performed on reaction times,

however most use fairly simple test situations. The extent to which the results of such studies can be applied to more complex skills such as martial arts is unclear. However, certain principles are undoubtedly applicable.

One of the first principles is that there does not appear to be a general TIME-SHARING ability. That is to say, the ability to react quickly to one situation does NOT necessarily imply that the same person will be able to react quickly to a different stimulus.

For instance, in kickboxing each aspect will have to be trained. This means that training for punching techniques and decreasing their reaction time will not help to improve your kicking time. However, in closely related tasks there is a crossover. Thus training with straight rear-cross will also help you to an extent with other punching movements like the jab. In training for reaction time and speed, it is probably best to concentrate on BASICS - especially after a lay-off. By

Continued on page 109

RUAS VALE TUDO!

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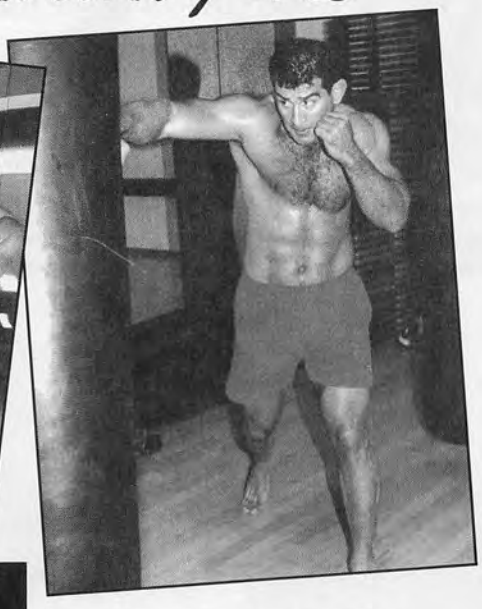

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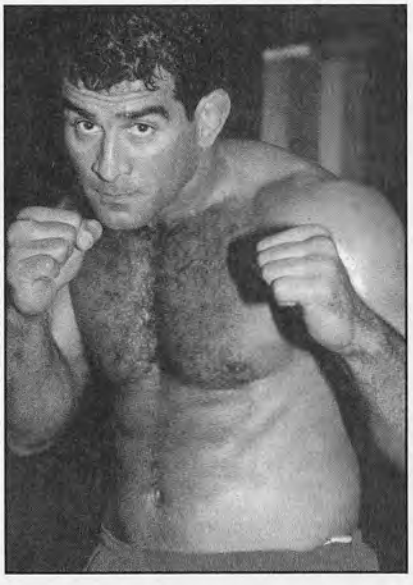

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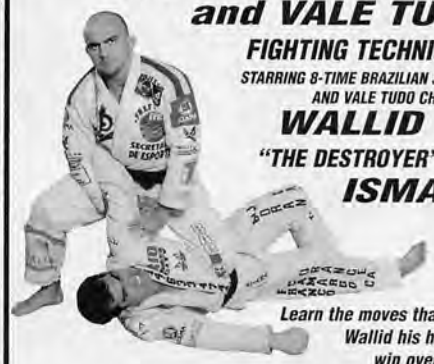

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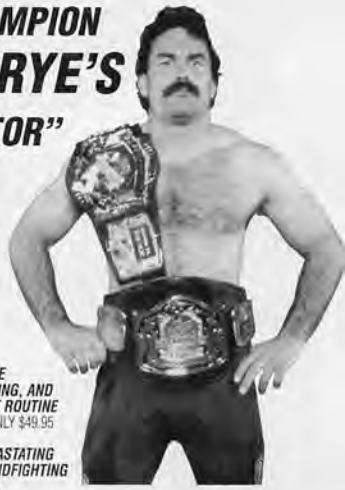

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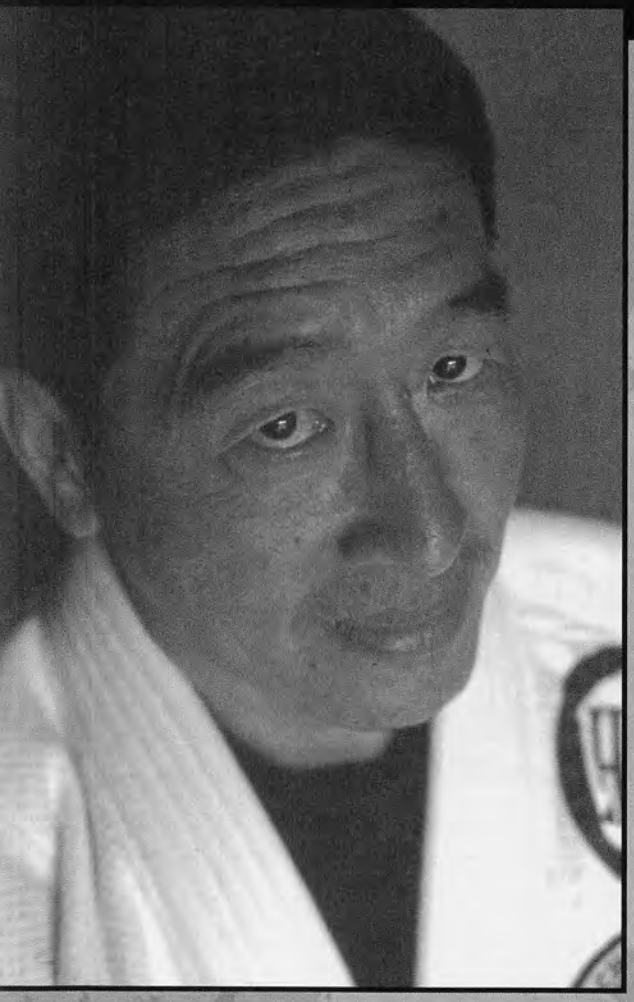


Howard Liu

Founder of Howard Combat Kimonos

Story and photos by Bill Curry

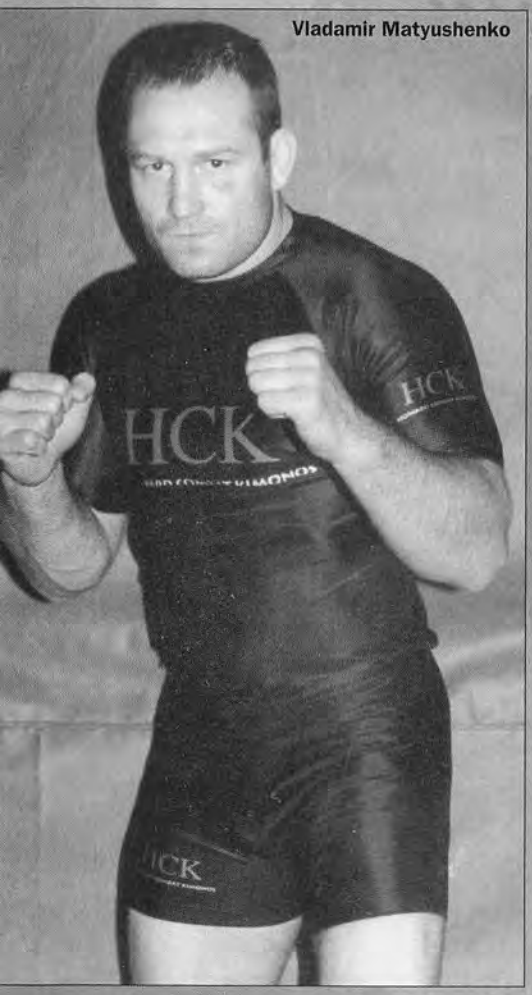
"In the spirit of Zen and Budo, everyday life becomes a contest. There must be awareness at every moment."

Howard Combat Kimonos are a union of ying and yang, spirit and body, and war and peace. Howard Liu himself is a blend of sword, feather, and stone, all combined with gracious humility and inner fortitude. Embracing Brazilian jiu-jitsu at the advanced age of 40, Lui applied himself with focused mind, true intent, and spiritual toughness and earned a brown belt in one of martial arts most difficult disciplines. A man with natural intuition, Liu saw a need for a better uniform and set out to make one for himself and his training partners. Almost by accident, he ended up in Hong Kong on the doorstep of one of the premier martial arts sewing companies in the world. Following a hunch, he designed a gi that *he* would want to train and compete in, had 300 made, and brought them back to the United States in the hope that he wouldn't lose *too* much money. They were an immediate hit and the rest, as they say, is history.

Howard Liu spends his free time training at the Machado Academy and the RAW Training Center in Southern California. Although he credits his success to "pure luck," there are forces at work in Liu's life far more powerful than that. The Tao is defined as the Way things are. It is said that those who follow the Tao do so for their own protection - there are no promises, yet the rewards are immeasurable. Howard Liu is an example of a man who followed the path that opened before him without argument and with unfailing acceptance. But in his simple and straightforward way, perhaps the biggest compliment anyone could give Howard Liu is just to tell him, "You make a damn good gi."

Fabiano Iha

Rigan Machado



Vladamir Matyushenko

Q: What is your martial arts background?

A: Brazilian jiu-jitsu. I started when I was 40 years old. I was a runner for 20 years and I got bored with that. So I took a self-defense class in 1993. It just so happened that the instructor was starting to incorporate grappling. I really liked it and he told me that it was Brazilian jiu-jitsu and he was learning it from some Brazilian guys close by. That got me really interested in it and I ended up studying with Rigan Machado

Q: Were you surprised at its effectiveness?

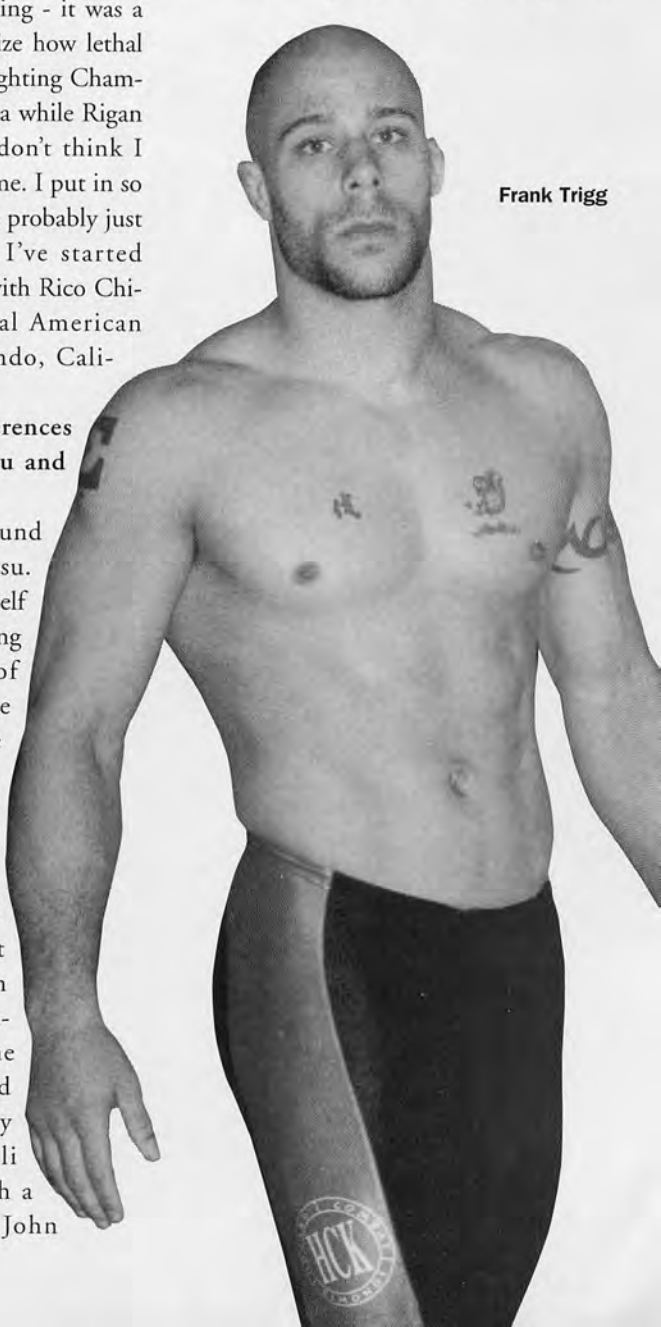
A: Oh, completely. But what really attracted me was it reminded me of how I was when I was a little kid. My friends and I would sit in front of the T.V. and then just start couch wrestling - it was a joyous feeling. I didn't realize how lethal it was until the Ultimate Fighting Championship came along. After a while Rigan gave me a brown belt. I don't think I deserve it but he gave it to me. I put in so many hours training that he probably just felt sorry for me. Now I've started training in wrestling, too, with Rico Chiapparelli at RAW — Real American Wrestling — in El Segundo, California.

Q: What are the differences between Brazilian jiu-jitsu and wrestling?

A: I really like the ground aspects of Brazilian jiu-jitsu. It's good for people like myself who are not physically strong - I like the theories of leverage and technique. One thing I found lacking in the art, though, was its transition from stand-up to ground. I know Rorion Gracie says that 90 percent of all fights end on the ground - but 100 percent start on the feet. I felt in order to make the art complete, I needed to become familiar with takedowns and transitions. I had actually known Rico Chiapparelli when he was training with a Machado black belt — John Donahue — and also when he was training Rigan to fight Mark Coleman in a UFC fight that never happened. Rico is an NCAA and World Cup champion and one of the best wrestlers in the world. When I heard he was opening a facility in El Segundo, I decided to take advantage of that and learn some stand-up to help my jiu-jitsu.

Q: You're known around the world for your kimonos and your NHB trunks. How did you get started in that?

A: It really wasn't initially meant to be a business. Prior to doing the martial arts uniforms, I was a real estate agent for 20 years. When I started doing jiu-jitsu I actually tore three gis in six months. Of course, they weren't very expensive but I felt that if I'm going to last in this sport, I



Frank Trigg

couldn't be going through a gi every two months. So I kept looking for a good uniform. At the time, the only thing available were the judo uniforms - which are different than the jiu-jitsu uniforms in the way they're tailored. The judo uniforms are a little longer and a little looser, and meet the International Judo Federation rules. The best uniforms were actually the Japanese judo gis.

I live in a community where there's a lot of Japanese, and they had a judo dojo at their local cultural center. So I went there and bought two Mizuno gis. They are really wonderful uniforms and, in fact, I still have one of the original Mizuno uniforms I bought. Mizuno is actually famous in Japan for baseball and golf gear, but they're also very well known in judo - 80 percent of the competitors in the Olympic judo wear Mizuno uniforms. So I had the Mizuno uniforms tailored to jiu-jitsu style - which is a little tighter fit. The jiu-jitsu uniforms fit more like a business suit, so I had them tailored to match the sport. It worked out really well.

Q: What year was this?

A: It was around 1994. About that same time I started seeing players come up from Brazil to train at the Machado Academy from time to time. They were wearing these really beautifully tailored outfits with really exotic names and covered with wonderful colored patches. So I asked one of them much his gi cost and he said, "It's about $200." I said, "Wow, that's really expensive." And he said, "But they're the best BJJ gis you can get."

I examined the gi closely and compared it to the Mizuno gi I was wearing, and it was not even close to the quality of the Mizuno gi. For about a year and a half, I just kept whining and complaining and wishing that someone would take the Brazilian tailoring and marry it with the Japanese quality. I guess I eventually answered my own whining.

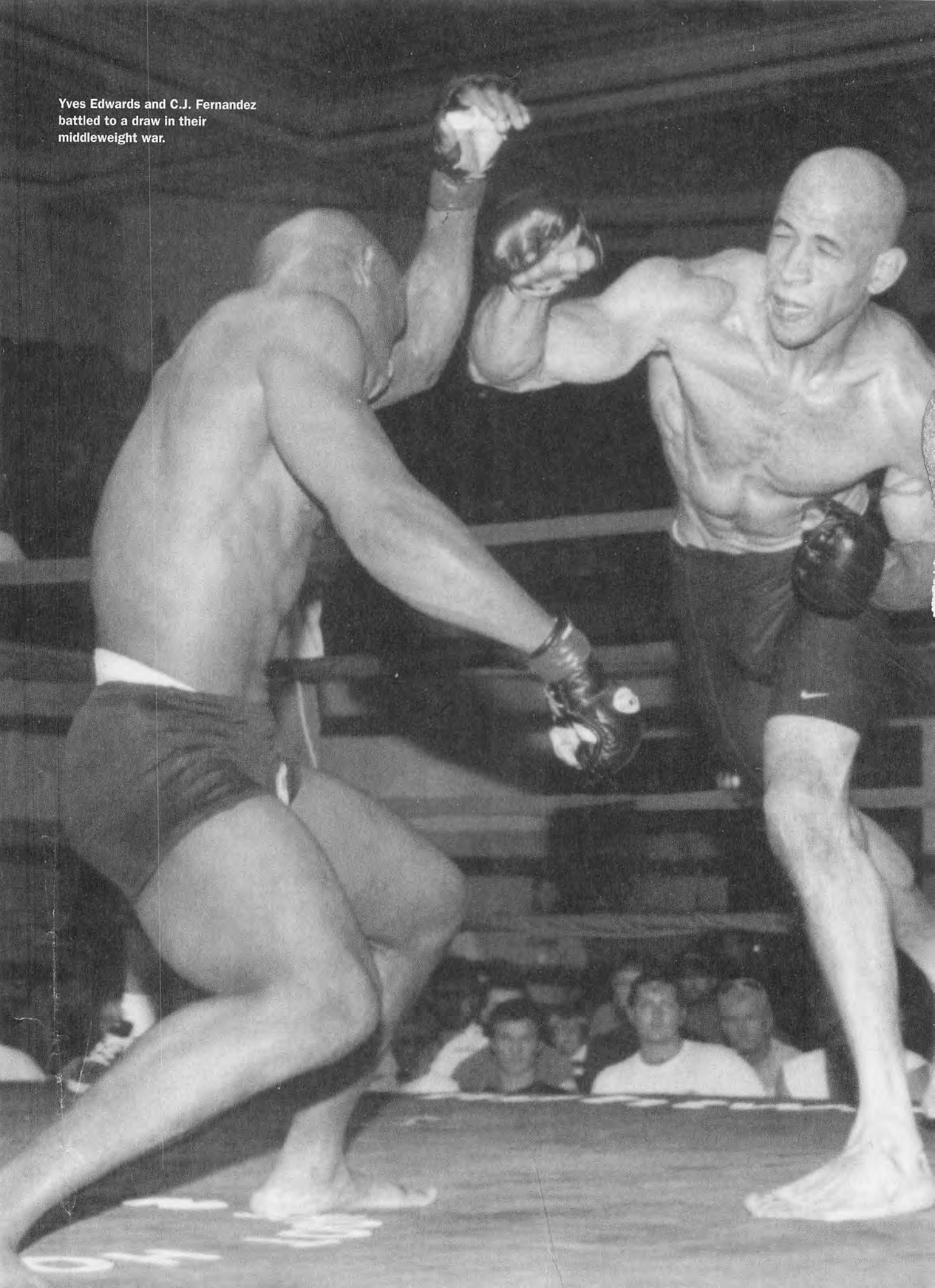
I'm kind of a believer in luck and chance. Sometimes luck and chance combine to make an opportunity. My wife had planned a vacation for us to visit China, and the final leg ended in Hong Kong. I used to work in the import/export business, and I've been to the Far East on buying trips, so I knew how to look for things. I also knew that Hong Kong had a tremendous reputation for high-end tailoring and quality sewing. They could basically make anything that you brought them. So prior to our trip I went to the consulate and asked if they could give me any leads on martial arts sewing companies - they gave me a list of about 20 names. My second good fortune was that someone owed me a lot of money and they paid me just before the trip. So I had cash in hand and I was going to China. So both two factors made it easy for me to say, "I'm going to have a really good gi made for me."

So I went and actually visited every single one of those sewing companies. Hong Kong is a small place and the garment district is only five or six blocks square. So it was very easy for me to go from company to company. Purely by chance, I landed at the doorstep of the company that sews for Mizuno. It was amazing. So I went in and told them my idea for a jiu-jitsu uniform. They said, "Well, we never heard of Brazilian jiu-jitsu before." So I explained what Brazilian jiu-jitsu is all about and how I needed a uniform made. So they made samples for me, and we went back and forth on the design a few times. When I settled on something I liked, I told them, "That's it. Now can you make me two of them?" They just laughed and said, "No way. If you want the uniforms you have to buy 300." They

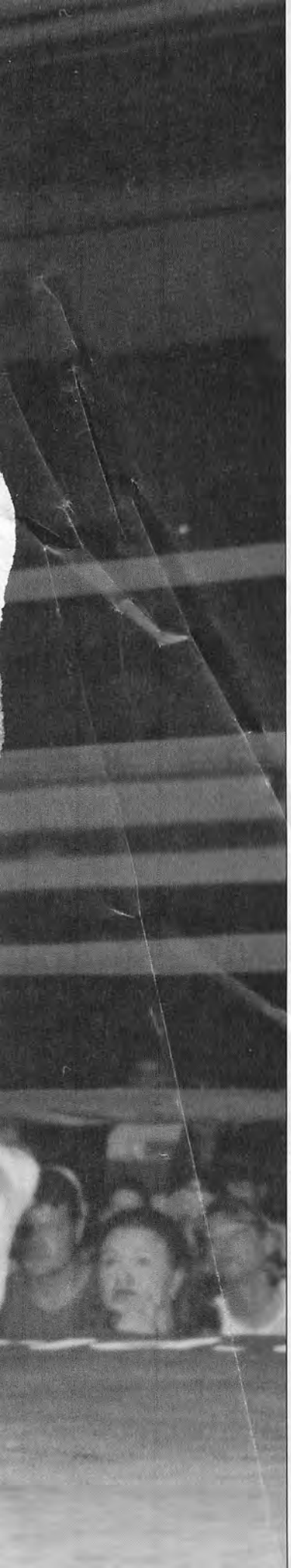
Continued on page 86

"You make a damn good gi."

Egan Inoue



Yves Edwards and C.J. Fernandez battled to a draw in their middleweight war.



Indiana's Hook N' Shoot Turns Five!

By Richard Santoro
Photos by Jeff Osborne, Sr.

Promoter Jeff Osborne and his entire team worked hard to put together a standout show, and on paper it was certainly strong. Up and coming MMA stars Ben Earwood, Sean Sherk and Steve Berger were all late pull-outs - and that definitely affected the card - but in typical HnS fashion, the show went off as scheduled. After all was done, it was one of those rare occasions that what looked good on paper was actually better in the ring! The card consisted of eight official Shooto bouts, making "Masters" the first mainland U.S. card fully and officially sanctioned by Japan's Shooto Commission, the oldest and most revered sanctioning body in the MMA world.

The Hook N' Shoot "Masters" show was contested in Evansville, Indiana, marking the historic fifth anniversary of this Midwest MMA slugfest.

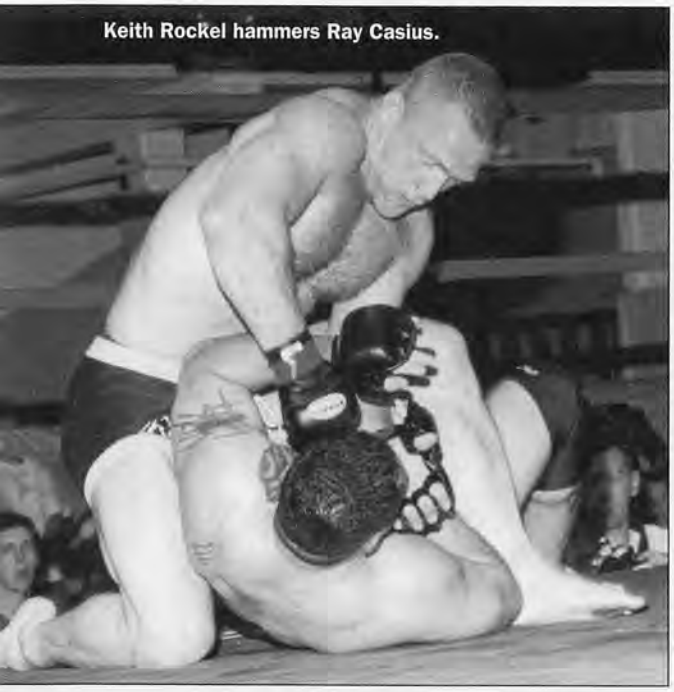
The night kicked off with an electrifying video introduction of Tito Ortiz and Jens Pulver, two UFC champions who were making guest appearances. Exciting highlight footage, aired to the sound of *Limp Bizkit*, heralded the appearance of the light-heavyweight champ. After that, Jens Pulver, aka "Little Evil," was introduced to the crowd by displaying the best moments of his lightweight title bout against Kaoru Uno. The crowd was set on fire by the scenes on the big screen and it set the tone for the entire night. Once the matches began things moved at a white-knuckle pace and never let up.

Match 1
Henry Matamoros def. Andy Mockler, Hammerlock, 4:53 Rd 2

This match set the tempo for the rest of the evening. HnS fans were excited about the return of Henry Matamoros, a Hook N' Shoot legend and former Absolute champion who at 160 lbs, held the under 200 lb. title until he retired. Mockler, a very tough and experienced fighter from the Florida MMA scene, knew the reputation of Matamoros and he came in and gave one of his best performances. During the opening moments Mockler pressured Matamoros with some very crisp strikes. He landed a good combination and a nice head kick. Henry's chin prevailed, however, as he accepted the blows and closed the distance to get the takedown. Once on the ground he was in total control. Mockler was very game on the ground but spent most of his time on the defensive, as the Costa Rican worked arm bar and triangle attempts. Mockler pulled out all the stops, even performing a nice somersault guard pass. It wasn't enough, though, as he eventually got caught in a triangle and was forced to submit to a nasty hammerlock.

Match 2
Keith Rockel def. Ray Casius, Strikes, 4:35 Rd 1

Keith Rockel showed why he is someone to watch in the MMA world. He dominated the match from the get go, landing multiple strikes and dominating the ground game. Newcomer Casius proved that his heart was in the right place by digging deep to weather Rockel's initial attack. He even took the top position and made the HnS submission champ work from the guard. In the end, though, the New Englander from South Boston got the reversal, took the mount, and rained down blows for the tap-out.


Keith Rockel hammers Ray Casius.

Match 3
Jerome Smith def. Mike Delaney, TKO 4:40 Rd 1

It was back in 1998 that Smith made his Hook N' Shoot debut. He shocked everyone by not only agreeing to fight Jeremy Horn, but by also making one helluva match out of it. He lost that bout but returned to brutally K.O. local favorite Sam Smith and get a TKO over HnS amateur champion Gene Click. Delaney, like Sam Smith, found out about Jerome's furious hard-hitting style the hard way. Delaney was by far the more technical of the two, and he had a lot of experience to call on with over 20 matches to his credit. He worked some tie-ups, threw plenty of strikes, and tried to take it to the mat. However, the 260-pound powerhouse was too much for Delaney and the relentless stream of strikes from Jerome began to add up. Finally. Smith took the top position and pummeled away, and after a few moments the referee had to step in and correctly stop the match.

Match 4
Curtis Stout def. Angelo Popofski, K.O., 0:13 Rd 2

This was a grudge match of sorts. Popofski, who has been on a tear in Hook N' Shoot, was eager to get a crack at Stout after seeing Stout in the UFC. Not that Stout didn't deserve his shot in the big show, but Angelo wanted to test himself against a fighter who had been competing at his same level. Once things got started, Stout showed everyone why he earned his

Curtis Stout

shot in the Octagon and he proved that he may very likely be there again. His Thai skills were very tight and Angelo had to work fast and hard to get the fight on the ground. Popofski has superb BJJ skills and is extremely dangerous from the top position. The problem, however, was how to get Curtis to the mat as he has great footwork, balance, and a dynamite sprawl. Angelo did succeed several times but Curtis used a great defense and kept forcing things back to the feet. When they closed for the second round Stout came out hard and landed a solid punch that sent Popofski down for the count.

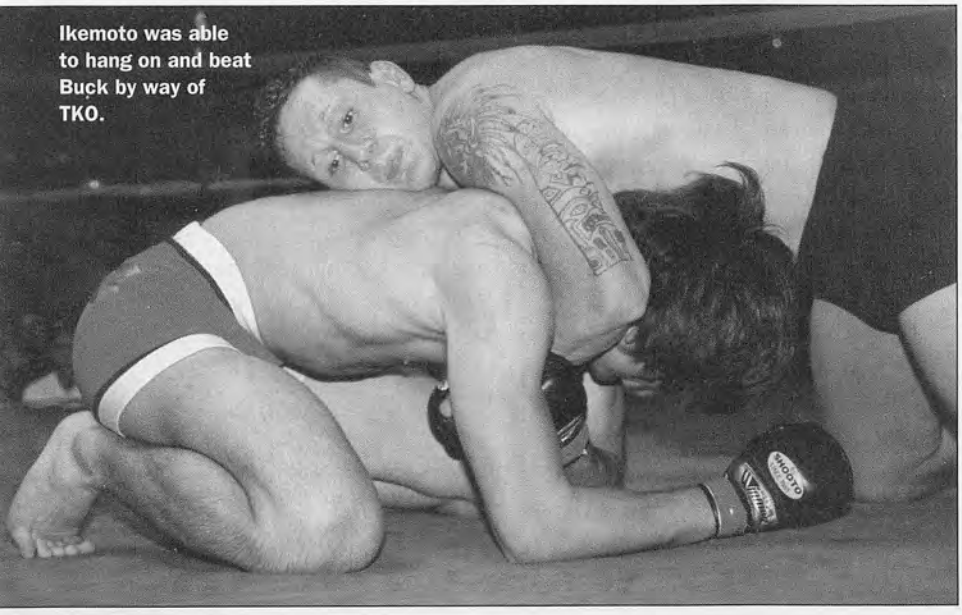
Match 5
Jason Black def. Ed Miller, Choke, 1:21 Rd 1

Jason Black has been making quite a name for himself lately and has been looking forward to making his Shooto debut. He boasts a 10-0 record, an HnS

Jay Buck set to blast Ikemoto.

Jutaro Nakao put Laverne Clark to sleep with the triangle.

amateur title, and follows a rugged training regimen at Pat Miletich's school in Iowa. Ed Miller, on the other hand, has been looking forward to just getting into the ring. When up-and-coming Chatt Lavender had to pull out of the match with Black due to family issues, Miller jumped at the chance to walk the walk. In the end, though, the experience gap was very evident. Black was calm and poised and quickly took the fight to the ground. He worked from the top, passed the guard, and then established a strong north/south position. From there he pressured Miller and got the tap-out with a choke.



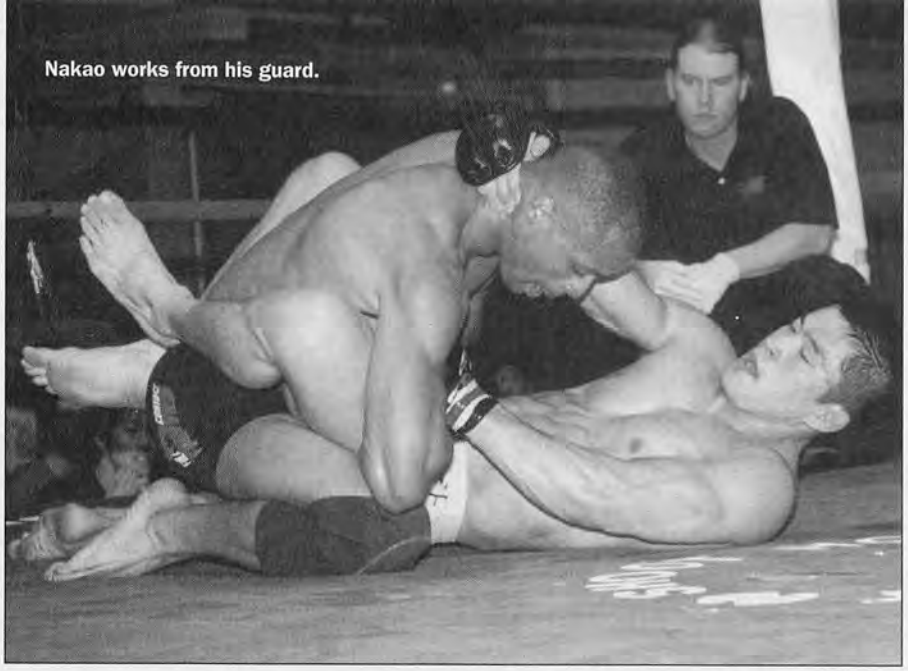
Ikemoto was able to hang on and beat Buck by way of TKO.

Tito Ortiz Electrifies the Crowd

Then came the special appearance of UFC champ Tito Ortiz. He stepped-in to referee an exhibition grappling match between Bren Fletcher and Blake Blair, two pre-teens who have unbelievable crowd appeal. Technically sound for kids, the pace set by these two was something to behold! Tito behaved like the true people's champion he is by talking about his rise to the top of the MMA and all it took to get there. He then went on to take part in a UFC video game tournament where he took second behind HnS veteran Big Johnathan Ivey. Ivey good-naturedly gave Ortiz the "gravedigger", but did not want to do it again in the ring - understandably so!

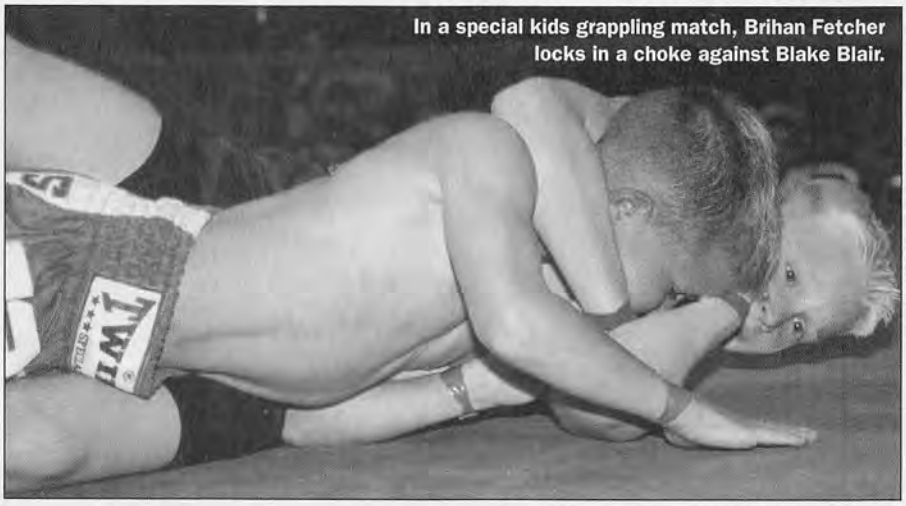
Match 6
Seichi Ikemoto def. Jay Buck, TKO, 3:03 Rd 2

Ikemoto is a rising star in Japan's Shooto organization and this was an exciting opportunity for him to fight overseas. However, going up against the



Nakao works from his guard.

Nakao and Clark looking for the takedown.



In a special kids grappling match, Brihan Fetcher locks in a choke against Blake Blair.

fiery Jay Buck, an HnS surprise weapon, is not something that most people would travel thousands of miles to do.

Buck was explosive, coming right after the Japanese fighter from the opening bell. Buck is known for his aggressive, emotional style and he showed why! Ikemoto, however, turned-up his intensity to match Buck's and the two began to plug away at each other, exchanging punches and kicks. Ikemoto through some good roundhouse and push kicks and even tagged Buck on the jaw. However, the tough-as-nails fighter from Illinois easily shrugged off the blow and even put his hands behind his back to welcome more.

Finally, the match went to the mat where it was equally as intense - everyone could feel the energy coming off of these two men. Then a deft move put Ikemeto on top in the mount and he began to hammer away. Buck weathered the blows but they began to add up and the referee had to step in and stop the match. Buck was upset afterwards but his corner told him afterwards that "You should never have been in that position in the first place!"

In the interest of sport safety, being tough and taking mounted shots is not enough at HnS - fighters must be trying to move and improve their position. Buck moves to 4-1-1 overall, but is still definitely someone to watch. As for Ikemoto, his future in Shooto looks extremely bright!

Match 7
Jutaro Nakao def. Laverne Clark, Triangle, 3:50 Rd 3

UFC veteran Laverne Clark came to HnS to take on Steve Berger. But when Berger pulled out, and Sean Sherk did likewise, it was natural to take Sean's opponent and match him with Laverne. This left HnS with an international match of major excitement! Jutaro Nakao is a veteran Shooto warhorse - a fighter who battles hard and, win or lose, always gives a tough match.

Clark came out cautiously, testing the waters. He circled Nakao and pumped some jabs to feel out his opponent. Jutaro wanted to clinch and take it to the mat but LaVerne showed his experience and skill by dictating where the fight would take place. He drove Nakao to the corner and hammered away with short punches in-close, that sounded like they had some very solid impact. The fight did eventually go to the mat but Clark played it conservatively. He stayed tight, anticipating the triangle attempt. Again, he landed punches from in-close and was beginning to pull ahead. You could tell that Nakao was feeling some desperation as he bolted

Continued on page 83

Nine-year-old Blake Blair walked the walk.

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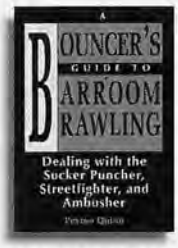

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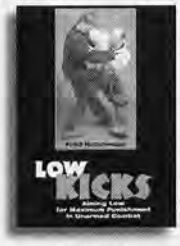

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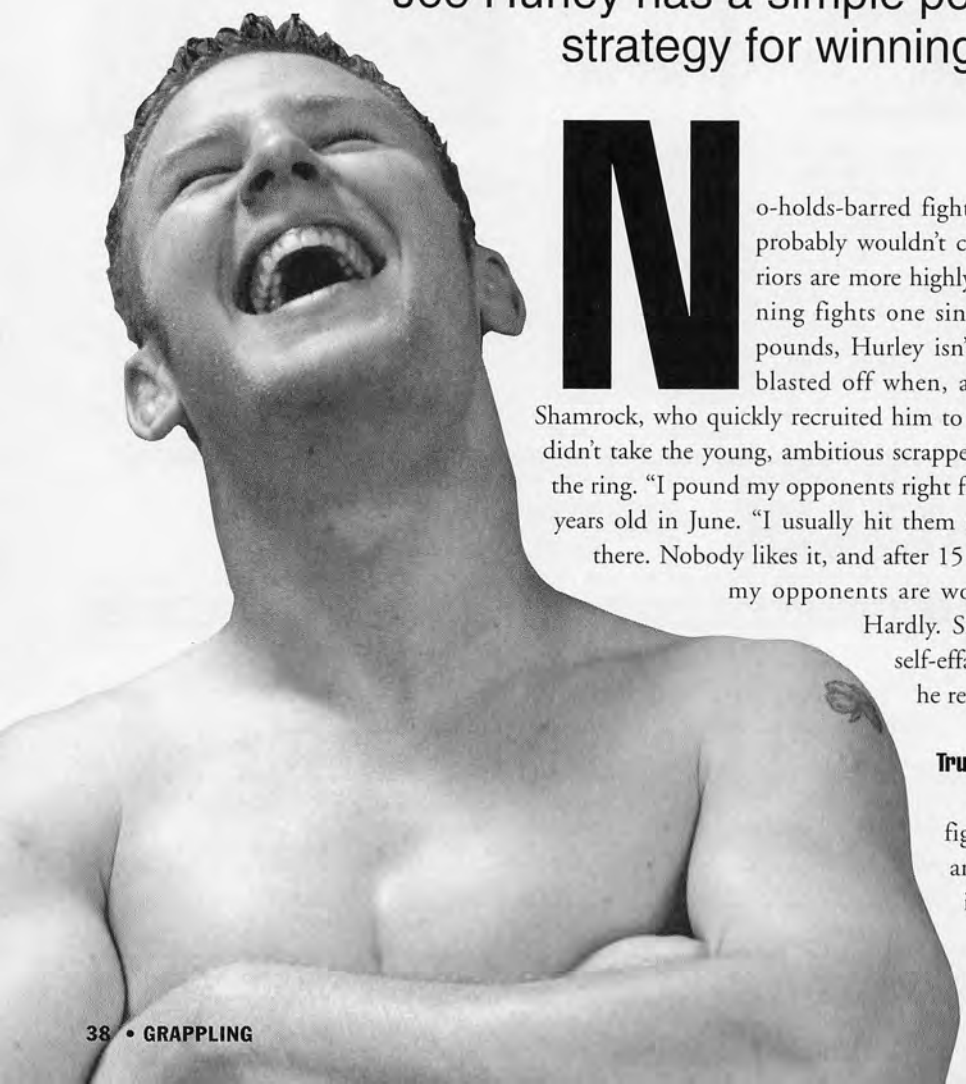
Joe Hurley

They Call Him The Rapper

By Loren Franck

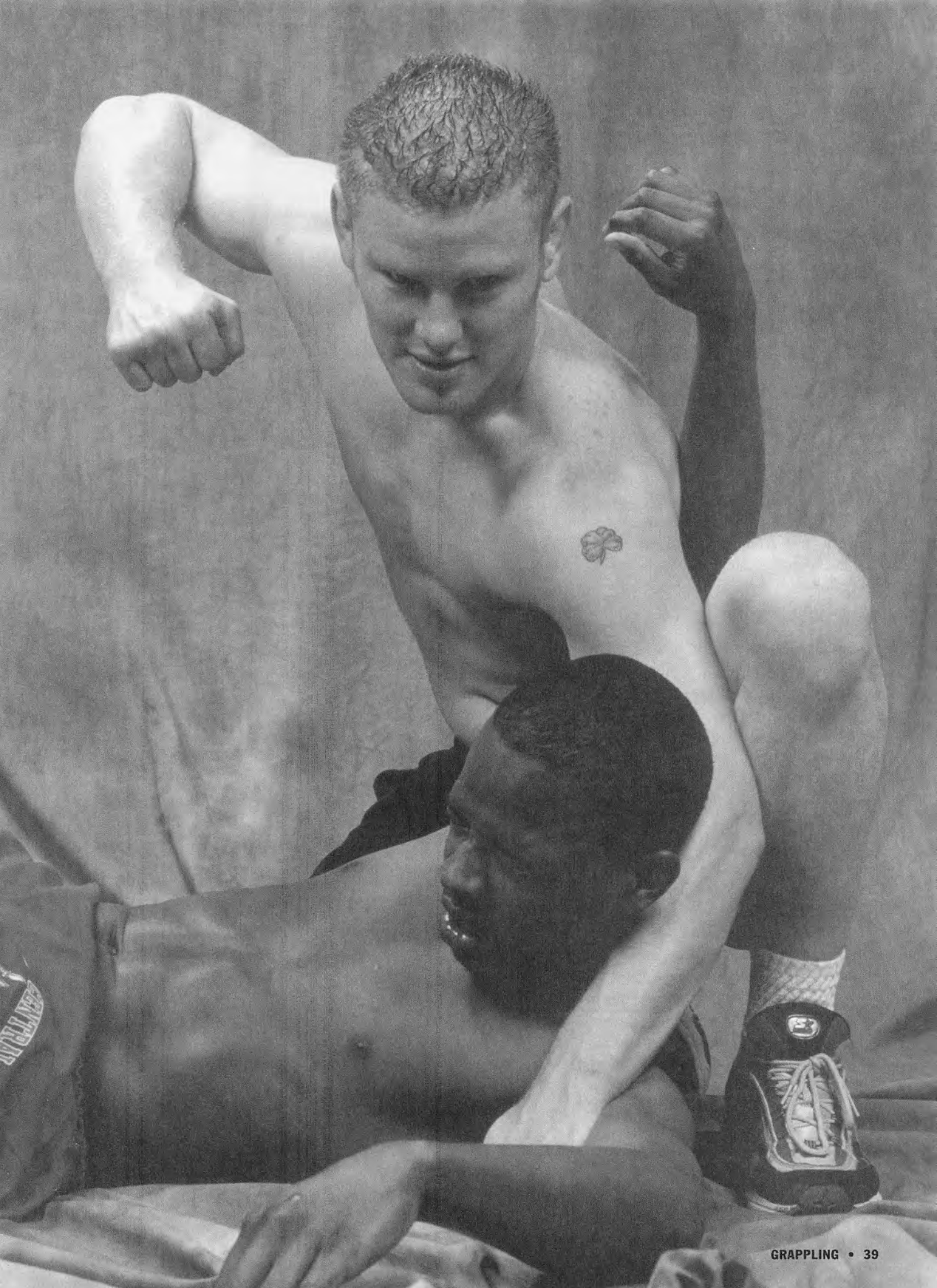
Joe Hurley has a simple pound-'em-to-the-ground strategy for winning fights — and it works.



No-holds-barred fighting has never been easy for Joe Hurley. You probably wouldn't call him a natural fighter, and other ring warriors are more highly trained. But that doesn't stop him from winning fights one single bit. Although only 5'8" and a lean 163 pounds, Hurley isn't a lightweight in fighting ability. His career blasted off when, at age 18, he sought out the legendary Ken Shamrock, who quickly recruited him to the Lion's Den stable. After initial training, it didn't take the young, ambitious scrapper long to discover what works best for him in the ring. "I pound my opponents right from the start," explains Hurley, who turned 23 years old in June. "I usually hit them nonstop in the head, even if I just slap them there. Nobody likes it, and after 15 minutes of being rapped in the head, most of my opponents are worn out." A sophisticated fighting strategy? Hardly. Simpleminded? Perhaps. But the soft-spoken, self-effacing Hurley doesn't plan to change. After all, he reasons, why argue with success?

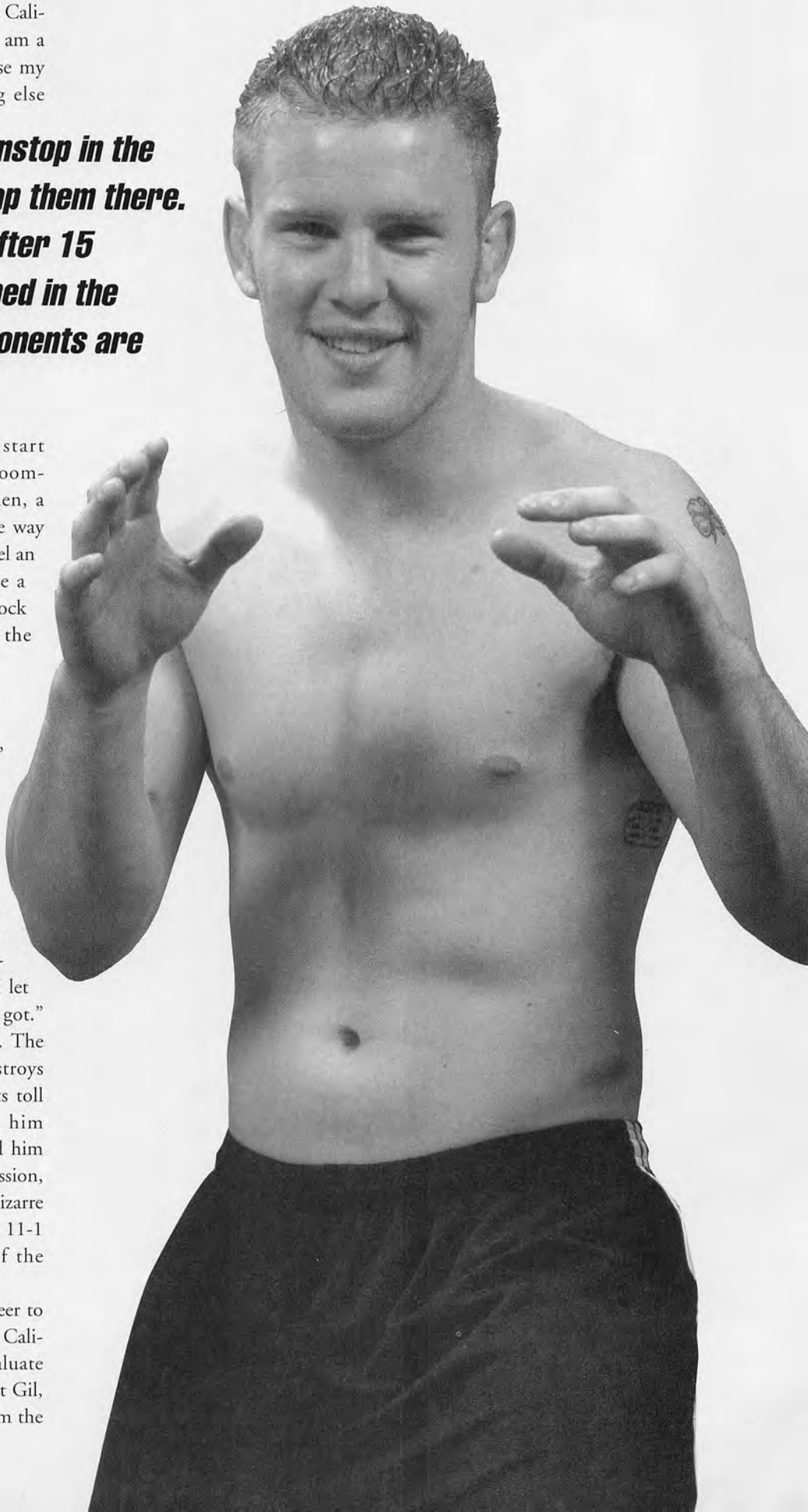
True Knockout Power

Although a growing number of mixed-fighting competitors rely on Brazilian jiu-jitsu and other grappling arts, Hurley would rather invoke pure punching power inside the ring. There's nothing fancy about his blows, however, so he doesn't consider himself a boxer.



But he's skilled enough to teach the art along with kickboxing and submission fighting at the Lion's Den in Napa, California, his training headquarters. "I am a puncher," Hurley makes clear. "I use my boxing skills more than anything else during my fights. And when I start pounding an opponent, boom-boom-boom, it's all boxing." Clearly, then, a knockout punch is Hurley's favorite way to win a fight. But if he can't pummel an opponent into submission, he'll use a heel hook, an arm bar, a hammerlock or a choke — anything to make the other guy give up.

"I usually hit them nonstop in the head, even if I just slap them there. Nobody likes it, and after 15 minutes of being rapped in the head, most of my opponents are worn out."



Lessons Learned

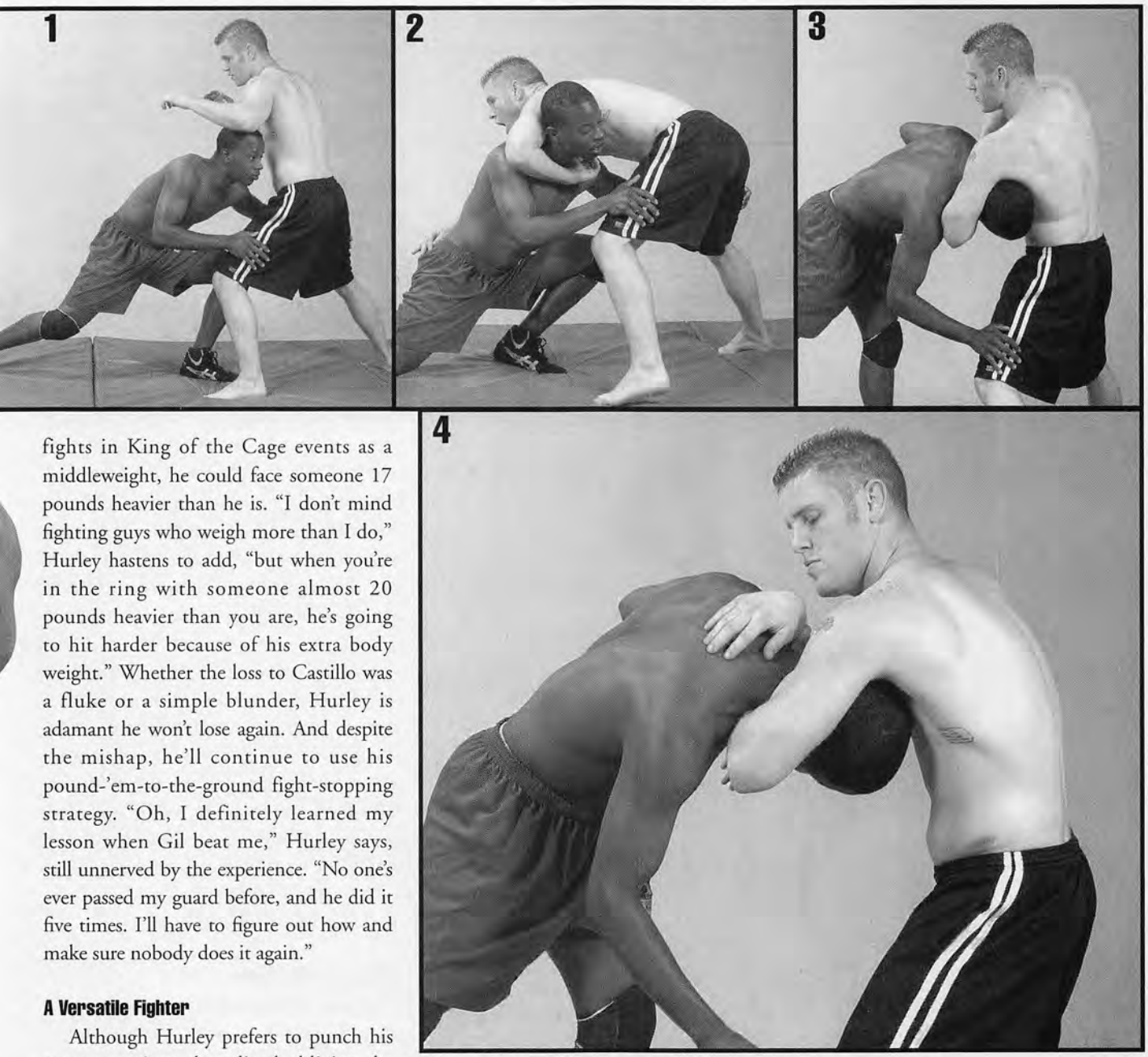
Not satisfied dispensing cuts, bruises and pain with his fists, Hurley also loves to pummel opponents mentally. Because he's small, he can rarely take other fighters to the mat and overpower them, so he intimidates them with a barrage of hand strikes. "When you watch my fights," Hurley enthusiastically explains, "you'll see that I let the other guy have it with all I've got." That's Hurley's plan for every fight. The bare-handed blitzkrieg usually destroys his opponent's psyche as it takes its toll physically. If an opponent takes him down, Hurley quickly tries to stand him up again and punch him into submission, or better yet, knock him out. It's a bizarre tactic, but given Hurley's impressive 11-1 fight record, it works — most of the time.

Following the first loss of his career to Gil Castillo last April 29 in Calusa, California, Hurley was forced to reevaluate his fighting strategy. "When I fought Gil, I went out there and tried to pop him the

same way I pop all my opponents," Hurley remembers. "And I did pop him a couple times. But then he took me down, passed my guard, and got on top of me. I couldn't do much. He didn't hurt me, and the fight went the full three five-minute rounds. But he's a big guy and just sat on me." Unfortunately, bodyweight sometimes challenges Hurley, who usually competes at the bottom of the lightweight class, where an opponent can outweigh him by 12 pounds. And when he fights in King of the Cage events as a middleweight, he could face someone 17 pounds heavier than he is. "I don't mind fighting guys who weigh more than I do," Hurley hastens to add, "but when you're in the ring with someone almost 20 pounds heavier than you are, he's going to hit harder because of his extra body weight." Whether the loss to Castillo was a fluke or a simple blunder, Hurley is adamant he won't lose again. And despite the mishap, he'll continue to use his pound-'em-to-the-ground fight-stopping strategy. "Oh, I definitely learned my lesson when Gil beat me," Hurley says, still unnerved by the experience. "No one's ever passed my guard before, and he did it five times. I'll have to figure out how and make sure nobody does it again."

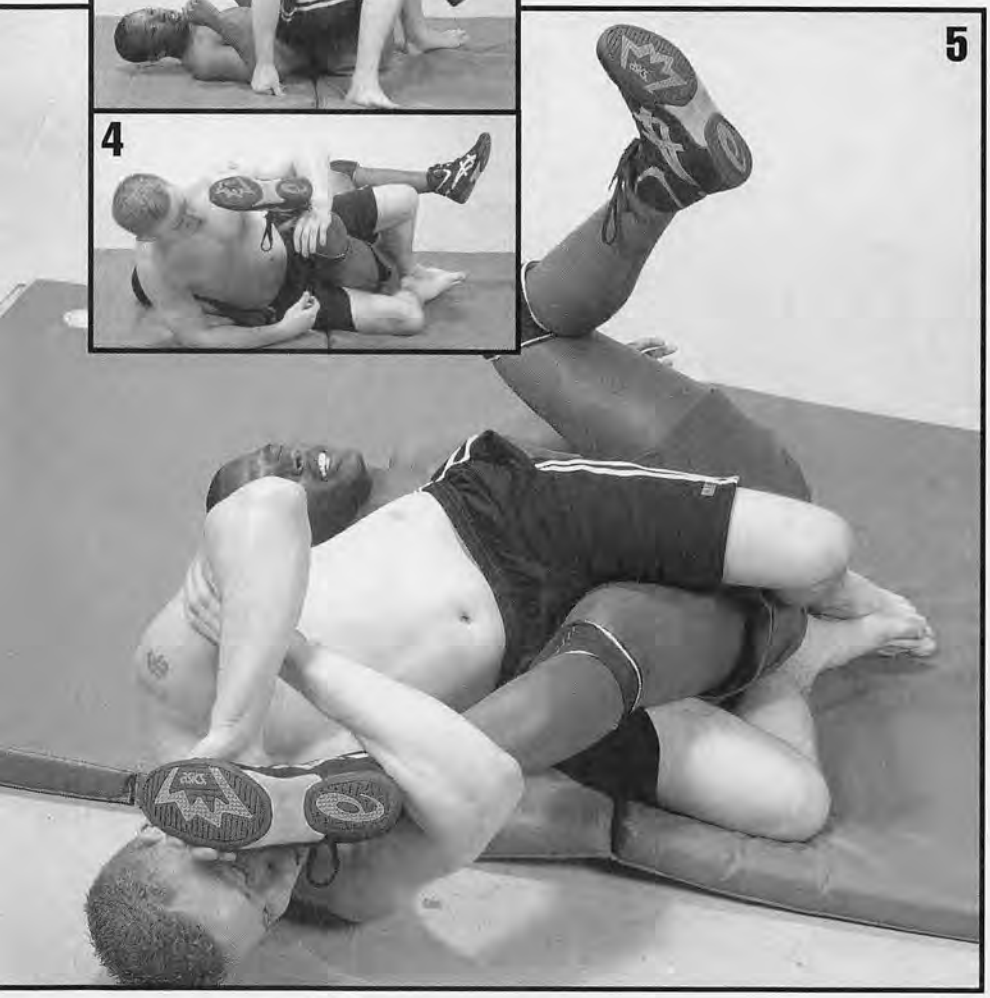
A Versatile Fighter

Although Hurley prefers to punch his opponents into short-lived oblivion, he has additional finishing techniques if necessary, that he has adapted from Thai boxing. To defeat today's fierce and highly skilled mixed-fighting competitors, you can no longer rely on a single technique. You must master various moves that will do the job with equal effectiveness. Hurley learned this early in his career and admits he needs more than punches and elbow smashes to make it big, which is why he trains feverishly in muay Thai kicks and knee strikes. While Brazilian jiu-jitsu is extremely popular in mixed fighting, Hurley uses Thai boxing to supplement his punching skills. When he began training, he learned basic muay Thai from Shamrock and Maurice Smith, a legendary fighter in his own right. And once Hurley became seriously interested in Thai boxing, he found a gym where he could perfect his skills in the lethal art. Further demonstrating his versatility in the ring, Hurley can also sweep an opponent before his adversary knows what hit him. He uses muay Thai takedowns mainly to prepare opponents for his punches. "I'm not a master of anything yet," Hurley maintains, "but I'm pretty



Takedown Sprawl To A Guillotine Choke

An opponent shoots a takedown on Joe Hurley (1). Sprawling backwards Hurley wraps his arm around his opponent's neck (2). Straightening his back to gain leverage (3), Hurley pushes his opponent's neck into the choke for the submission (4).



Inside Guard-Pass To A Straight Knee-Bar

Joe Hurely fights for position inside his opponent's open guard (1). Stepping inside, Hurley spins to the outside (2), secures the ankle (3), leans to his side (4), then extends his body and applies pressure to the knee and ankle for the submission (5).

good at everything." And what if Hurley takes someone to the mat but can't pound him into submission? He'll pummel him while they both stand.

Hurley depends on speed in the ring. In fact, it's one of his specialties. His quick boxing punches frequently catch opponents off guard and send them flying to the canvas. "Speed has always been one of my best assets," he insists. "And when there's a scramble on the mat, I can usually get to my feet more quickly than the other guy can. I'll start to pound him again as soon as I stand back up. "I'm proud to be the squirmy little scrawny guy everyone outweighs," Hurley gloats. "And because I'm small, I'm probably a little faster than most of my opponents."

Never too proud to win a fight quickly and easily, Hurley strikes with other parts of his upper body besides his fists. Muay Thai supplies him with a full range of hand strikes and kicks. Besides punches, powerful, instantaneous elbow strikes are perhaps his favorite moves. "People tell me I'm notorious for my elbow strikes," Hurley admits, flashing a mischievous a grin. Notorious may be the wrong word, however. Hurley cut Charlie Kohler to shreds with elbow strikes in a recent bout, and he KO'd another opponent with one. Other recipients have seen stars after being belted with a Hurley elbow strike.

Wear And Tear

The punches, kicks and elbow strikes Hurley delivers in the ring are deceptively powerful. As a result, most of Hurley's opponents try to extend their distance or close the gap when they square off with him. Unfortunately, during a recent fight, one of Hurley's opponents didn't get the message soon enough. "I broke the guy's eye socket," the now penitent Hurley recalls. "He ate 25 knees to the head, and officials still wouldn't stop the fight. He looked really bad afterward." If Hurley can't submit an opponent or knock him out, he'll wear him down and eventually wear him out. His daily six-hour workout regimen — cardio, weight training, boxing and muay Thai — keeps him in terrific shape, imbued with noticeably more muscle tone and endurance than many of his opponents. "I'm pretty good at wearing people out," Hurley concedes. "For instance, when I'm on my back and lock my opponent between my legs, I can hold him there while I beat the hell out of him. He'll be too tired to fight back because I've worn him down."

An Eye On The Future

Most mixed-fighting competitors claim to love their sport. Such sentiment is common among professional athletics, and mixed-fighting competitors are no exception. Many retire only when their bodies finally can't take the abuse suffered

Continued on page 104

What do a boxer, kickboxer & grappler have in common?

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Alexandre "Café" Dantas

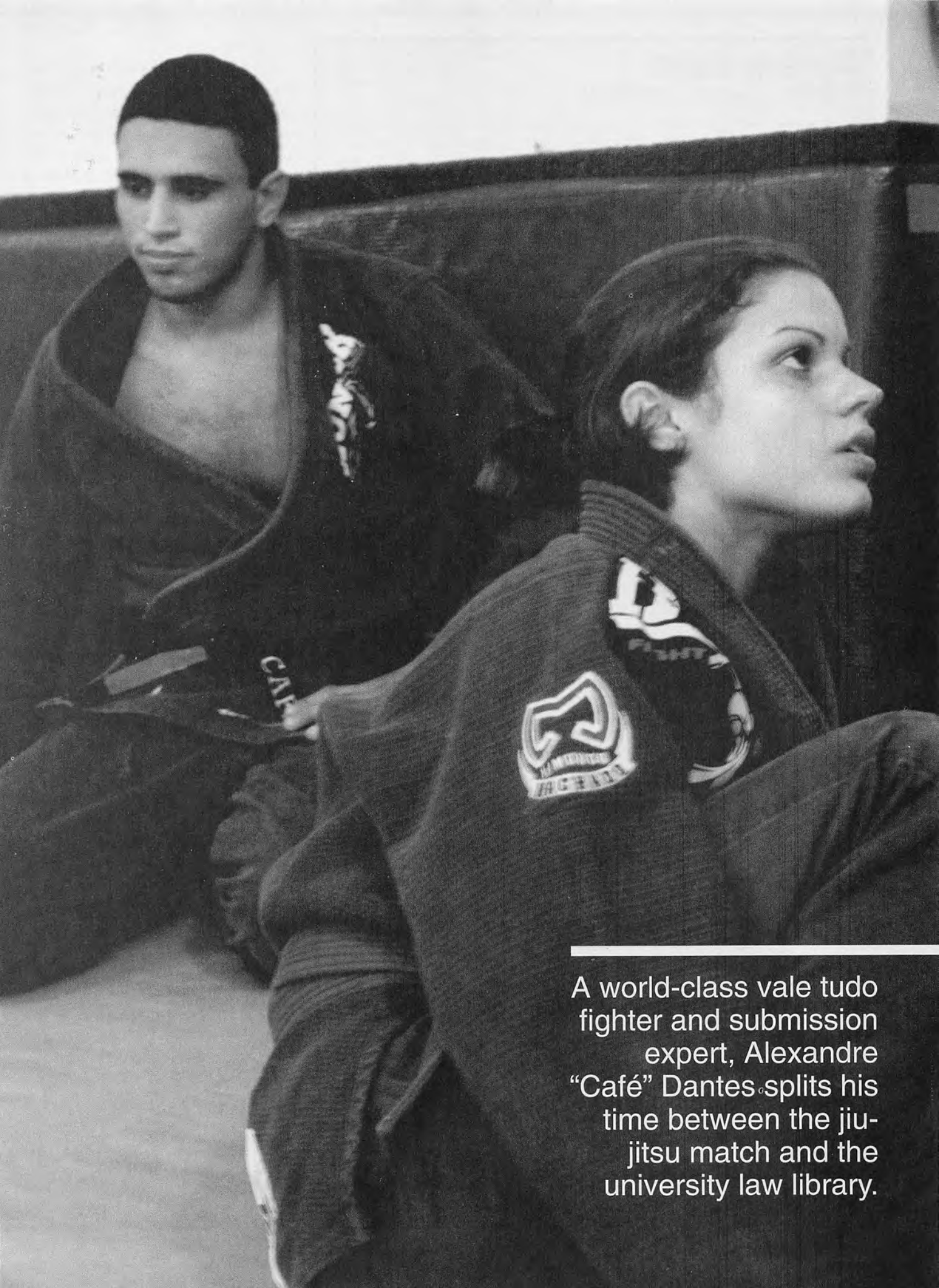
A Man of Two Worlds

By Allan MacDonell

Photos by Matti Klatt

On the warm Monday evening of May 21, 2001, Alexandre "Café" Dantes hustles his sport compact car through the chic shopping streets of Rio de Janeiro's celebrated Ipanema Beach. Alexandre slots the car into a parking spot on Rua Visconde de Piraja and steps into the balmy twilight with his fiancé, Mariana Vieira. Mariana is a petite brunette with straightforward eyes and an easy smile. She and Alexandre, a clean-cut, handsome guy whose grin is never far from his face, look like two typically attractive young Brazilians out on a date. Alexandre, by day a 22-year-old law student who comes from a family of lawyers, ushers his fiancé through the doors of the Ipanema Jiu-Jitsu Club, where the two are anything but typical. Alexandre is a jiu-jitsu world champion, as well as repeating national champ, Pan American champion, American champion and state champion, and a top-rated vale tudo fighter. Mariana, at 18, is the 2000 Women's Jiu-jitsu World Champion in her under fifty-six kilo class.

The Ipanema studio is a hive of activity. A Gracie affiliate, the club's walls are emblazoned with a depiction of a snarling Tasmanian devil and the legend GAMENESS COMPETITION TEAM. Four gi-clad novices struggle with advanced students on the blue and gold mats, tugging and tumbling under the amused and watchful eye of Helio "Soneca" Moreira, a five-and-a-half foot tall black belt with close-cropped hair and the compact build of a habitual athlete. The master instructor carries a big bamboo stick, a threat of punishment that seems superfluous to his absolute authority over everyone



A world-class vale tudo fighter and submission expert, Alexandre "Café" Dantes splits his time between the jiu-jitsu match and the university law library.

Mariana Vieira

A Woman's Touch in a Man's Sport

Mariana Vieira is a purple belt in the Nova Uniao school of jiu-jitsu. She is perhaps the prettiest grappler ever to be featured in the pages of this magazine. All the same, she is not a person to be messed with.

Q: When did you start jiu-jitsu?

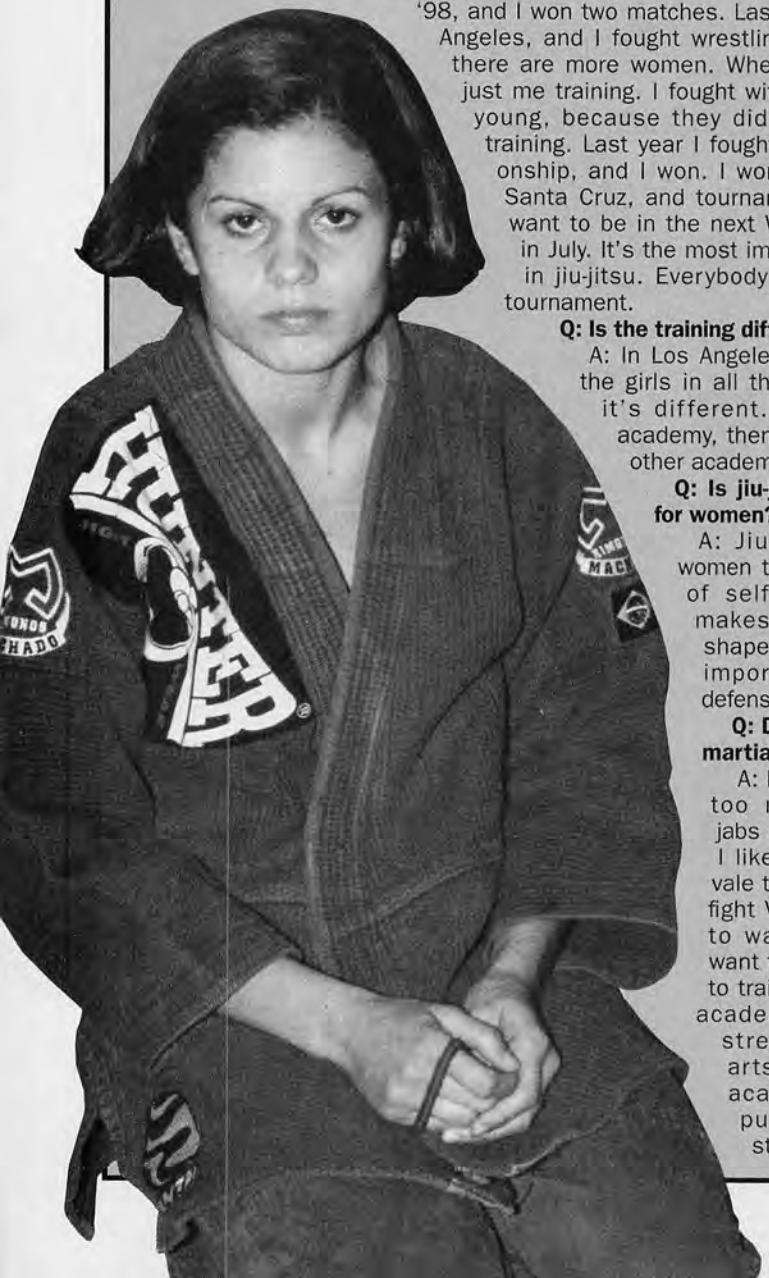
A: I started at four years old because my brother was doing swimming, and I went to see him, and I saw some people training jiu-jitsu. So I said to my mother, "I want to do that," and I started training. My mother kept telling me, "You don't like this jiu jitsu." And I said, "No, I do like it." She said to me, "It's not a sport for women. You have to do ballet or something like that." I was the only girl who trained then. This was the Mello studio, and now the name is Novo Uniao.

Q: When did you start competing?

A: My first competitions was 6 years old. My first competition I lost, and the second at 7 years old, I won. When I lost, I felt not good. I cried so much. At 7 years old, I won my first. Winning felt good. I was so happy after the first competition I won. I have a picture of the arm bar I did when I won. After the first win, I fought all the competitions, 8, 9, and on up. > "At 10 years old, I won my first Brazilian tournament in Rio. I had to win like four matches to win the tournament, and I was a yellow belt.

Q: What competitions do you do now?

A: For the past eight years, I've won eight Brazilian tournaments and seven Rio state tournaments. I went to the Pan Americas in '98, and I won two matches. Last year I went to Los Angeles, and I fought wrestling, and I won. Now there are more women. When I started, it was just me training. I fought with boys when I was young, because they didn't have women's training. Last year I fought the World championship, and I won. I won the U.S. Open in Santa Cruz, and tournament in Torrance. I want to be in the next World Championship in July. It's the most important tournament in jiu-jitsu. Everybody wants to win this tournament.



Q: Is the training different in America?

A: In Los Angeles, I trained with all the girls in all the academies; here it's different. If I train at this academy, then I can't train at the other academies.

Q: Is jiu-jitsu good exercise for women?

A: Jiu-jitsu is good for women to have as a means of self defense, and it makes the body in good shape too, but the most important thing is self defense.

Q: Do you train in other martial arts?

A: I did boxing, but not too much, just some jabs and some punches. I like boxing too. I like vale tudo. I don't want to fight Vale Tudo, but I love to watch it. Kids who want to fight should know to train here. Train in the academies, not in the streets. The martial arts is for training in academies, not for punching in the streets.

on the mat.

Alexandre introduces Soneca as his teacher. Alexandre has only the day before returned from Recife, a Brazilian port town of one-and-a-half million situated about one-thousand miles north of Rio on the Atlantic coast. He had traveled with two young fighters under his training to compete in Frederico Lapenda's Vale Tudo XII championships. Both fighters had lost, one choked out, the other knocked unconscious by a straight right fist to the head. Alexandre betrays no bitterness in the aftermath of the two tough matches and after working out with his training partner and fellow jiu-jitsu black belt, Marcelo Yogui, Alexandre sat down for a short interview under the supervision of Soneca and his big stick.

Q: How did you get started in martial arts?

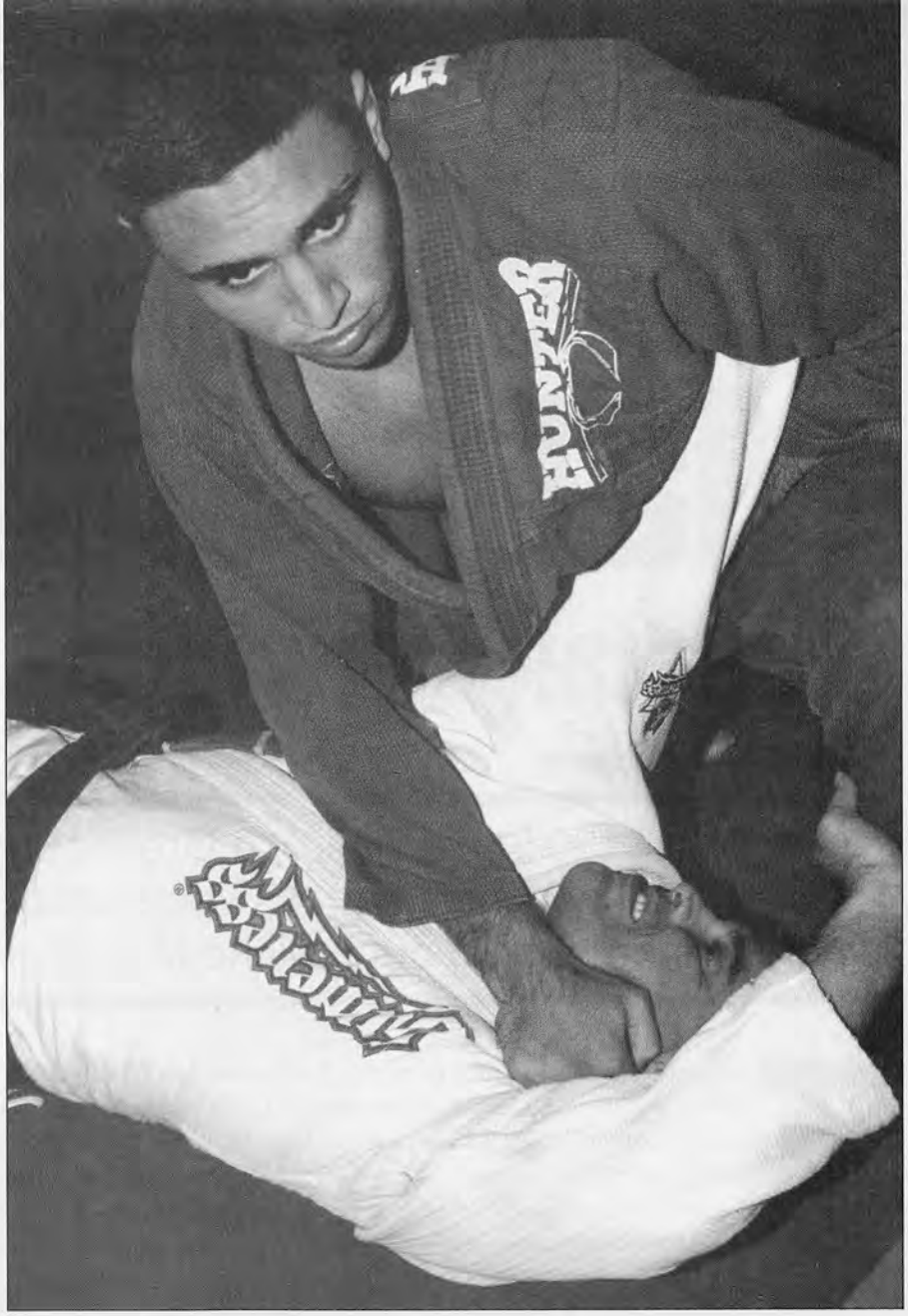
A: I started as a kid in judo, at about four years old, and spent five years in judo, then I moved into karate for about two years and finally started jiu jitsu. I'm twenty-two now. My first competition in jiu-jitsu was in 1993, but in judo I was Brazilian champion of the kids at seven

years. You start competition at four years old. In jiu-jitsu, I'm world champion in 1999, two-time Brazilian champion, Pan-American champion, American champion and four times Rio de Janeiro state champion. In vale tudo, my record is three wins and one loss. Vale tudo is different training because you don't wear the gi, and there's the boxing too

Q: What fighters have inspired you?

A: I like Soneca because of his style. He's good like a snake on the ground. I also like Mark Kerr for his strength and the way he dominates the fights.

"Before a major fight I just eat proteins and cut the fat, and no sex for about three days before the fight. I train very hard, but two days before the fight I stop the training and just relax. I run two hours, one day on, one day off, for about one month before the fight."



Q: Do you like any upcoming fighters?

A: I like Paulo Filho. He's my good friend. He is a black belt in judo too; so he has very good takedowns.

Q: Who has been you most difficult rival?

A: Margarida. I fought him two times. Once we had a draw, and the other I lost. A tough one in jiu-jitsu.

Q: Which was your most satisfying victory?

A: Rodrigo Comprido Meideros. He's two-time world champion and the current black belt world champion, too. I passed his guard. The score was 3-0. I studied his fights before our match. That's very normal. You study the guy before the fight. Everybody has to take videotapes of their fights, to get sponsorship or get fights.

Q: Is there anyone you would like a rematch with?

A: I want to fight the Japanese fighter, Yuki Kondo, again. I fought him in UFC 27. I was winning the fight when I received a knee in the face in the third round, and the referee, Big John, stopped the fight. I told him, "I want to fight, Big John." But when they've stopped the fight, there's no way to unstop it; you can't begin again.

Q: Does Yuki Kondo want to fight you?

A: I don't think so.

Continued on page 95

Vladimir Matyushenko

Russian Survivor

By Bill Curry

With only $100 in his wallet, a Greyhound bus ticket in his pocket, and no English in his vocabulary, Vladimir Matyshenko carved out a niche in a strange, new world.

The adversity of the no-holds-barred ring holds no fear for Vladimir Matyushenko. A product of the Soviet Union sports program, he was raised "on the mat" and grew up competing in national and international tournaments. But his strict physical training regimen did not restrict his free thinking or his desire to explore new horizons. Always looking to challenge himself, Matyushenko left the national wrestling program right before the 1994 Olympic Games, where he was scheduled to compete. With the help of legendary American wrestler Dave Schultz, and with only $100 in his pocket, Matyushenko left New York City on a Greyhound bus, on a cross-country odyssey that would end at Lassen Junior College. There, speaking virtually no English, he was befriended by coach Rex Brannum, who taught him the ways of the Western world. Earning a degree at Lassen, he went on to the University of Nevada, Reno to study and coach. There, he received a call from the RAW team to become a no-rules fighter. Having known Rico Chiapparelli's from his wrestling days, Matyushenko accepted - and immediately won an eight-man tournament in Louisiana! From there, he hasn't looked back. Now training and teaching at Rico Chiapparelli's world-famous RAW gym in El Segundo, California, Matyushenko sports a guady 10-1 record in mixed martial arts, which his only loss a controversial decision to the tough Tiger White, and his most recent victory a win in the UFC. Looking to the future and always trying to challenge himself, Matyushenko in living proof that with hard work, dedication, loyalty, and belief in oneself, no goal is beyond reach, and no dream unattainable.

Q: Where were you born?

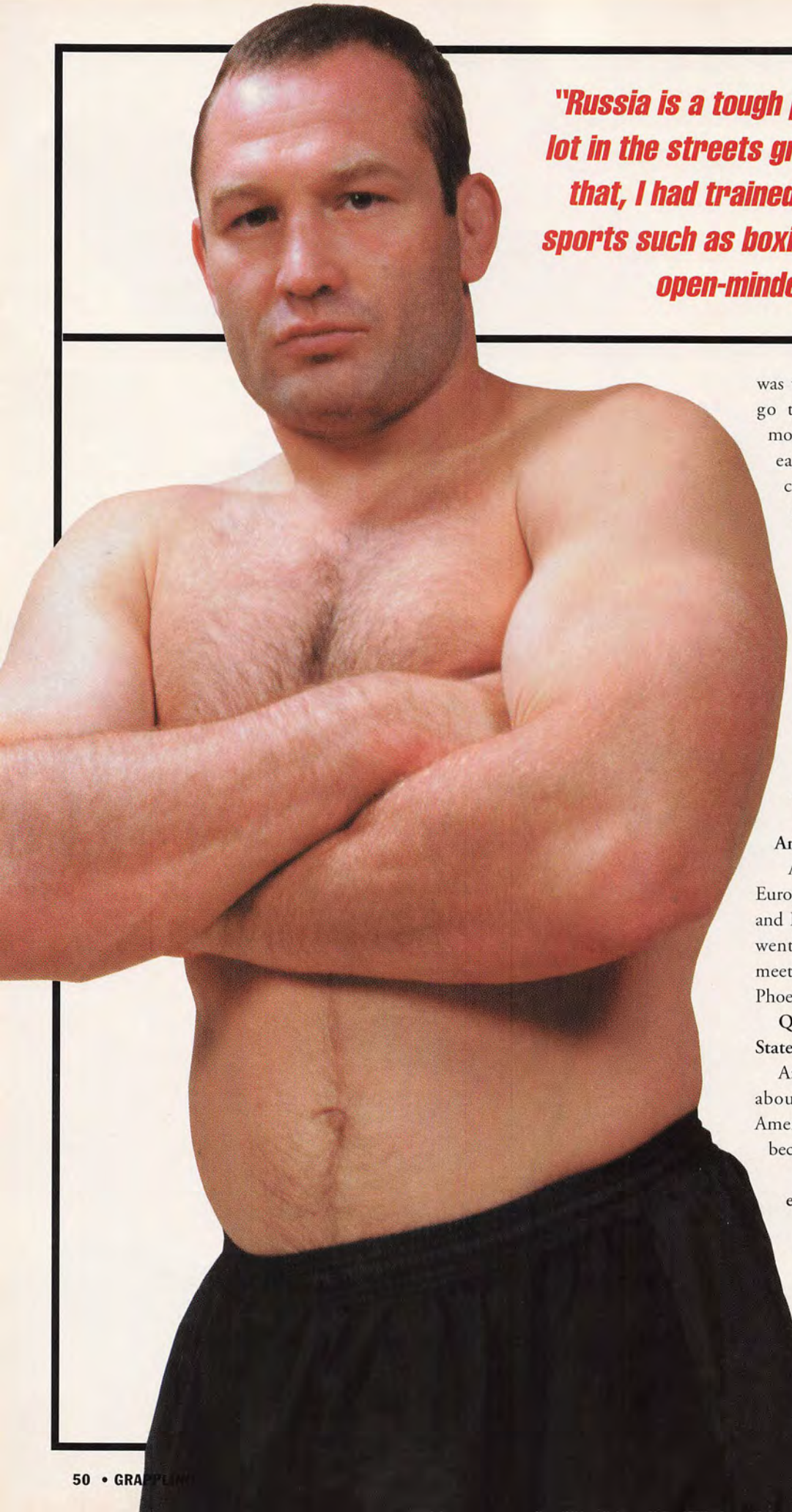
A: I was born in the old Soviet Union. Now it's different country; it's called Belarus. I was brought up in the Soviet sports program. I started wrestling when I was 10 years old, in a government-subsidized school. Back then it was all free and you went there and concentrated on your sport. If you did wrestling, you wrestled all year around; there were no seasons or anything like that.

Q: Were you selected to do this at a young age?

A: They didn't pick you; you went there and the coaches looked at you. If you were good, they offered you a scholarship to a special school later.

Q: Did you end up at the special school?

A: Yes, at the age of 15. I went to different town. I have been away from my family, basically, since then. And the school



"Russia is a tough place - I had to fight a lot in the streets growing up. Because of that, I had trained in different combat sports such as boxing and judo. I'm really open-minded that way."

was very different. It was all sports. You go to school for two hours in the morning, then go to practice. Then you eat, and go to practice again. Then come back and eat again, do a little homework, go to school for one hour, then train.

Q: Did you compete?

A: International and nationally. There was basically no choice. They were making athletes for the Olympic team. So we were training with the Olympic team when we were young kids. We were just thrown into a group and wrestled all day long. We grew up quickly.

Q: Did you compete against Americans?

A: When we were younger, mainly European and Asian countries like Turkey and Iran. But later on when I was 18 we went to America. I came here for dual meets and would wrestle in Oklahoma, Phoenix, and the West Coast.

Q: What did you think of the United States?

A: Pretty much like I expected. I knew about America because I met a lot of American wrestlers in the Soviet Union because they came around very often.

Q: Did you know Rico Chiapparelli then?

A: I saw him a few times but I never wrestled him - even though he wrestled in my weight category. He wrestled a lot of my teammates, though, so I knew him back then.

Q: What did the Soviet wrestling system emphasize?

A: It was really a variety of things. It was a little bit of everything. You started from soccer and ice hockey, then continued to swimming and then wrestling in the water. We would play soccer for 10 minutes and then do wrestling drills in the grass. There was a lot of variety but technique was the main thing.

Q: Who were the great Russian wrestling coaches?

A: Chekmorayov is a good one. Ivan Yorlgin is also great - but he got into an accident a couple of years ago.

Q: How far did you get in international wrestling before the Soviet Union dissolved?

A: Well, after the Soviet Union collapsed each country was by itself, so it's hard to separate. The Soviet Union ended in 1990 and the last time the Soviet Union competed as a team was 1992, I think. I took second in the European championships, so I was qualified for Olympics in '94 in Atlanta, and I took fifth in the Goodwill Games in St. Petersburg. Then I was sixth in the world championships.

Q: When did you come to the United States?

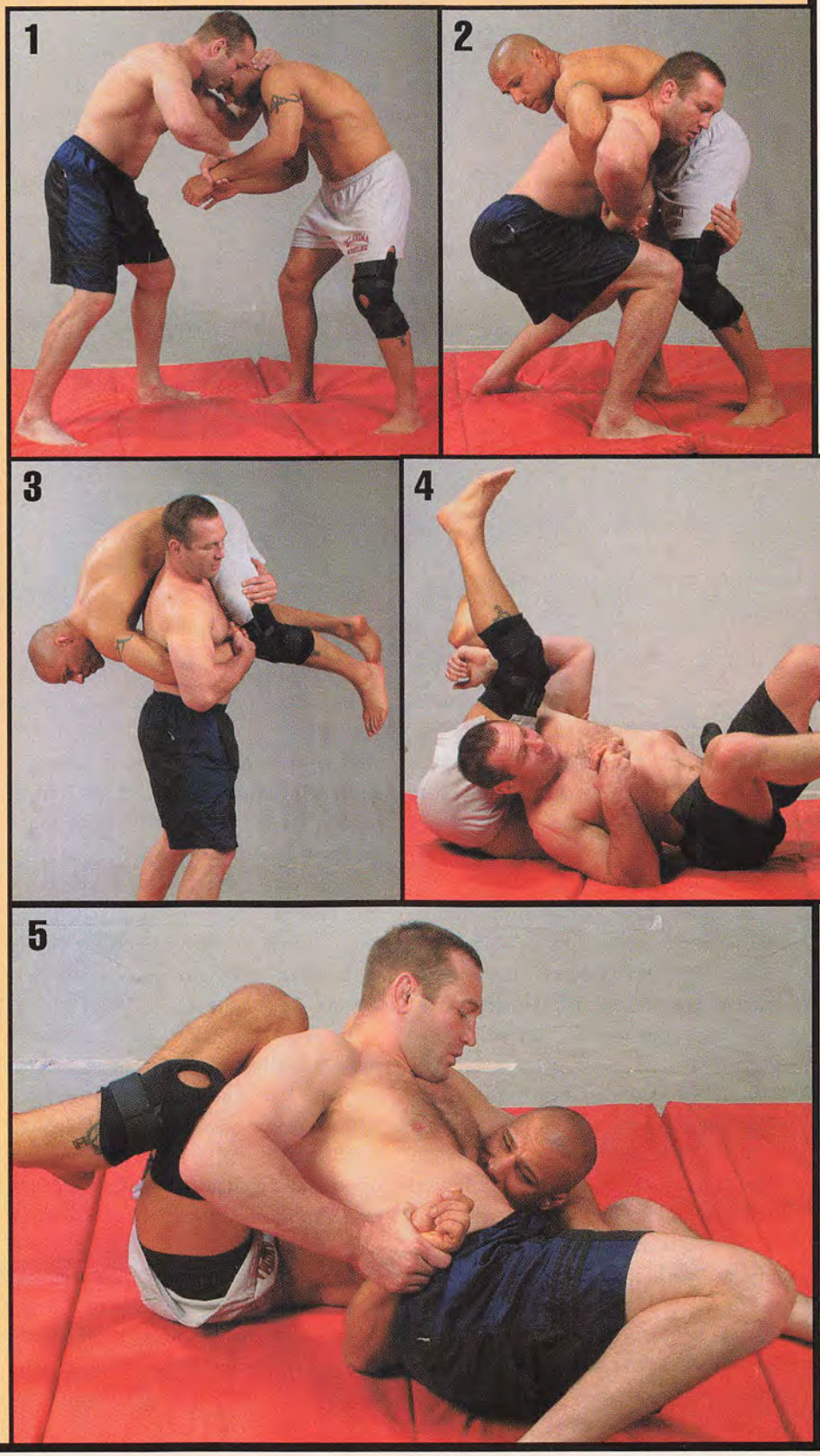
A: I came in '94 right after the European and World championships and the Goodwill Games. I qualified to wrestle in the Olympics, and we came for dual meets to prepare for the Olympics. But I got into a disagreement with the Belarus coaches and I decided to stay here. I didn't have offers from coaches in the United States to go to college, but I just had to do it. I've faced challenges all my life; that's what I like to do - face challenges. I didn't speak any English at all when I decided to stay. My only real friends were Roy Sowager from Iowa and Dave Schultz - they helped me out so much. Dave Schultz is dead now, but I will never forget what he did for me. They found a coach for me at a college, and they told me to go for it. So I went there.

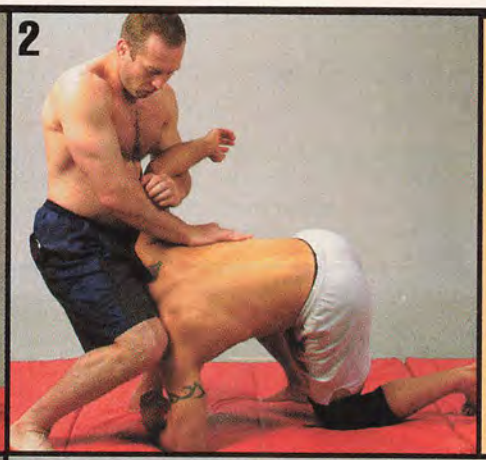
Q: Did you have any money?

A: I had a hundred bucks in my pocket and I took a bus from New York all the way to California. I didn't speak any English and really had no idea what I was

Reverse Shoulder-Throw To A Neck-Crank Submission

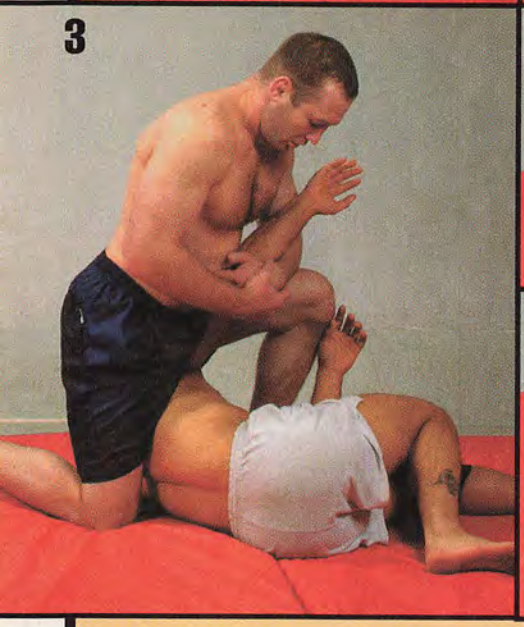
Vladimir Matyushenko faces opponent Frank Trigg (1). Ducking under, he pushes his shoulder in Trigg's stomach and grabs behind his legs (2). Standing up (3), he throws Trigg backwards (4), the leans forward and hooks the neck while keeping Trigg's near arm trapped (5).





Under-Hook Takedown To An Arm Lock

Vladimir Matyushenko underhooks his opponent's arm to stop an attempted takedown (1). Pulling his opponent off-balance, Matyushenko forces him down and traps his head with the knee (2). Stepping over the body (3), Matyushenko takes the arm and leans back (4), then applies pressure as he throws his leg over the body to prevent an escape (5).



doing. But I met good people - great people - they helped me a lot. So I went to junior college and graduated, and then I stayed there as an assistant wrestling coach.

Q: Where was that?

A: Lassen Junior College in California. The head coach was Rex Brannum. He helped me a lot. He was more like a father to me than a coach. He didn't have to do anything for me, but yet he did everything.

Q: How did you get involved in mixed martial arts?

A: It was in the summer of '97 - right after I finished school and graduated from Lassen. I was still going to the University of Nevada, Reno, and Rico Chiapparelli's brother, Louie, called me and told me about using my wrestling to fight professionally. So I thought it sounded like a good way to make some money so I signed a contract and decided to give it a shot. I was really interested because I couldn't wrestle freestyle and get paid for it. But I tried it and I thought that I really did great - I surprised myself a little. I really don't like to talk about myself, but I have to say that I did all right. With no experience I won the eight-man tournament at an IFC in Baton Rouge, Louisiana in 1997.

Q: How was it for you to go from a pure wrestling background to intense combat. Was it a surprise?

A: Not really. Russia is a tough place - I had to fight a lot in the streets growing up. Because of that, I had trained in different combat sports such as boxing and judo. I'm really open-minded that way - I like to try different things. Just the fact I came all the way from Russia to America shows my mentality. I just like to try new things - the unknown holds no fear for me. So it was the same thing with mixed martial arts.

Q: How did you handle your street fights in Russia? Did they go to the ground most of the time?

A: No. You don't want to go to the ground with nice clothes in the dirty streets of Russia in the winter. So I'd try to stay on my feet and punch - that was my game. Then I always had my ground game to go to if I had to. I held it in reserve. They didn't know that if they tried to take me down that things would get even worse for them.

Q: Since starting in mixed martial arts, who have you fought that was really tough?

A: Vernon White was tough - not the most skilled but just plain tough. Travis Fulton was good, and also John Marsh. I mean toughness is one thing but skills is another.

Q: What's your record in NHB?

A: Including the recent UFC, it's 10 wins and one loss. I lost a decision to Vernon White. I did not agree with the judges in that fight, but what can you do. I shouldn't have given him a chance and let the fight go to the judges. I should have finished him earlier. It was totally my fault.

Q: What do you think is the best tournament in the world now for NHB?

A: The best tournament in the world hasn't happened yet, but right now I think Pride is the best and also the UFC. The UFC has new owners now, so we'll see what happens in the long term. Regardless if it is the UFC, though, I think the best show should be in America. Right now it has shifted to Japan, but I think it should be in America.

Q: Which weight division do you fight?

A: I can fight heavyweight or light heavyweight. I can fight at 215 right now or I can gain some more weight and go heavier. I can also drop to 200 or below. I fought in Japan once at 187.

Q: Pound for pound, who is the best complete, all-around NHB fighter?

A: I'll say Tito Ortiz. He's pretty good. I'd like to fight him. He's physically strong and he also has a strong mind.

Q: Who next?

A: After him, I would pick Sakuraba, maybe. He's a good, all-around guy.

Q: Do you have a special diet?

A: It depends on what I'm trying to do. Mainly, I eat high protein diet. I don't like sweets at all. I like fish and also sushi. I eat sushi every day.

Q: Right now you teach at the RAW Gym everyday?

A: Yes, and I also train here every day. I try to stay in fighting condition all the time, because in mixed martial arts something may come up at the last minute and I want to be ready to fight. It's really competitive now in NHB. You have to be in really good condition to do it. You can't get away with techniques only, like the Gracies used to do in the early years - everyone knows that game now. You have to be in great physical shape.

Q: Have you ever rolled with any of the Gracies?

A: No, but I rolled with some of the Machados.

Q: How is their style as compared to wrestling?

A: It's more defensive. It's kind of sneaky and less obvious, but I like it. I like to be sneaky myself, and I like to learn.

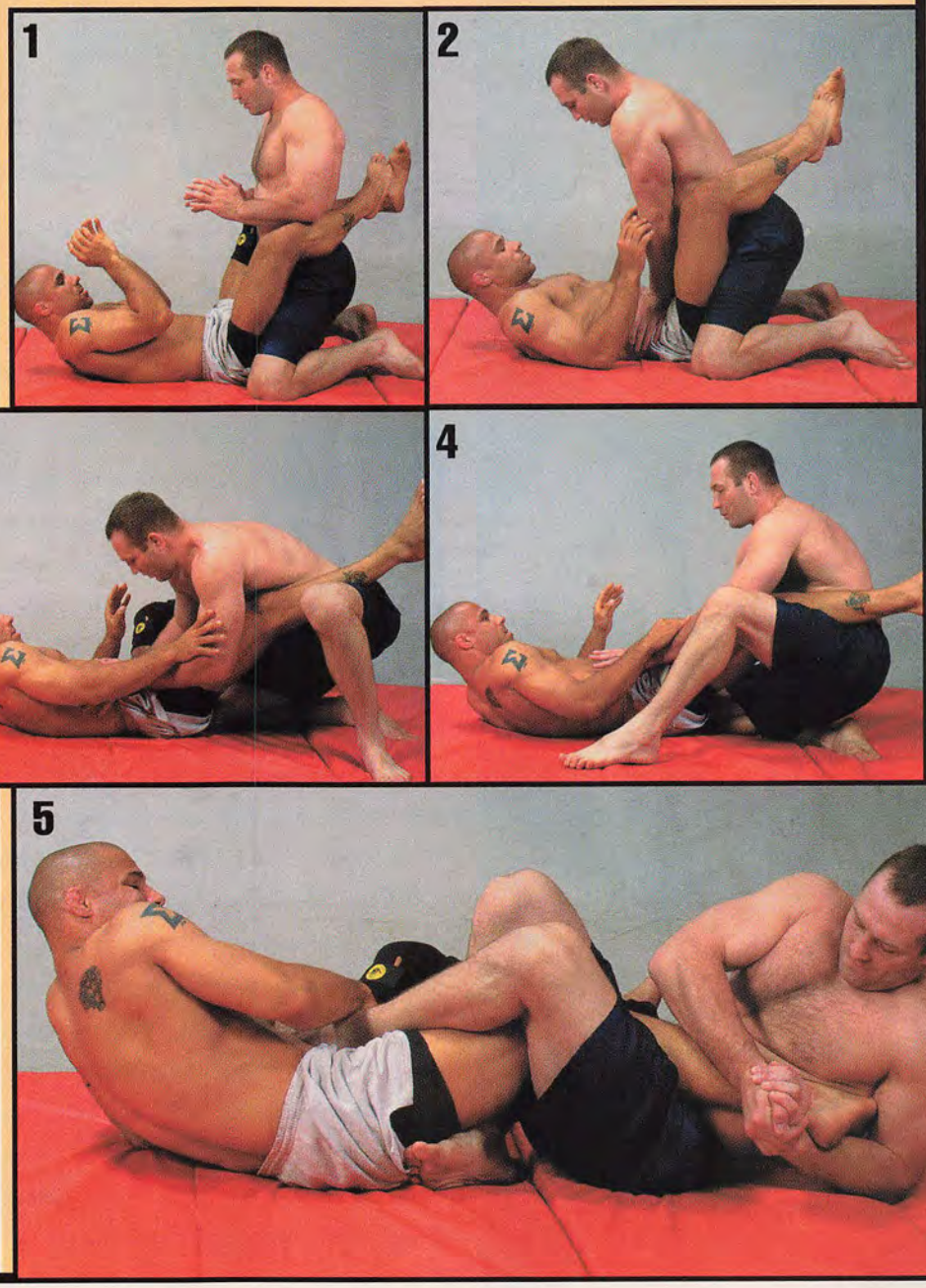
Q: There are several Brazilian champions who train at the RAW gym. What do you teach them.

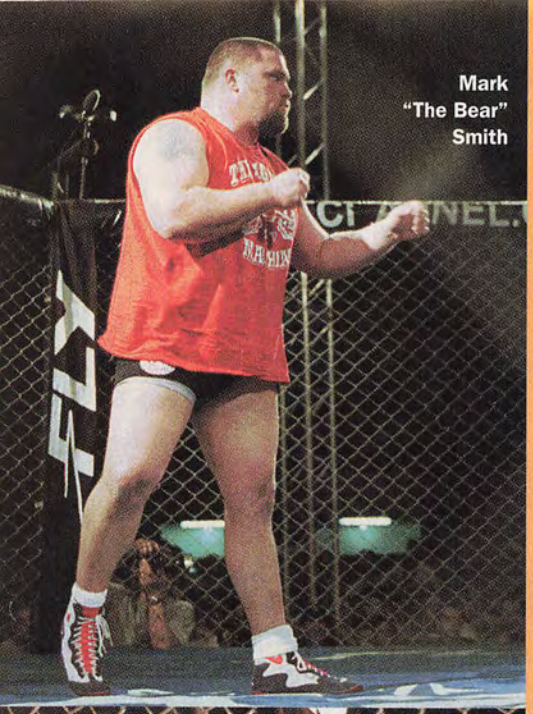
A: Mainly takedowns. However, takedowns are one thing, but it's a different

Continued on page 85

Fake Guard-Pass To An Inside Heel-Hook

Vladimir Matyushenko is caught inside Frank Trigg's open guard (1). Matyushenko leans forward and applies pressure to the hips (2), and raises-up his knee as if he is going to attempt a guard pass (3). Instead, he throws his foot forward to create space (4), then leans back and applies the finishing heel-hook (5).





Mark "The Bear" Smith

Sucata (r) puts pressure on Petrucelli.

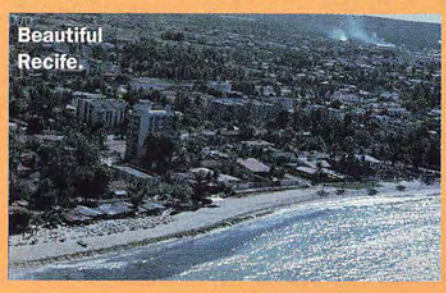
World Vale Tudo Championship XIII

Fire and Fury

Story and photos by Todd Hester

Recife, Brazil - If you didn't know the history of vale tudo fighting, you might think that it originated in Japan due to the large pay-per-view buy rate the sport gets there. If you've never been to the Land of the Rising Sun, you might possibly think that the U.S. was the cradle of the sport, given that you can at least tune into DirectTV and find the occasional UFC show. However, if you were channel surfing in Brazil on the night of May 18, 2001, and just happened to flip to SporTV, South America's largest cable network, which broadcasts over regular airwaves, you would have been in for a revelation - vale tudo is alive and well and thriving in it's equatorial birthplace due to the efforts of WVC promoter and Combat Channel Chairman **Frederico Lapenda**.

World Vale Tudo Championship XIII was a treat both for those fight fans lucky enough to be in Recife's spacious Geraldao Arena, and those who tuned-in on a beautiful Spring night to watch top international fighting stars enter the circle of truth for 30 minutes of no-rounds, no-gloves, no-rules action. Known as the birthplace of NHB superstars, the WVC has launched the careers of fighters such as **Igor Vovchanchin, Mark Kerr, Pedro Rizzo, Gilbert Yvel, Stefanos Miltsakakis, Heath Herring, Marco Ruas** and many more.



Beautiful Recife.

Waldir dos Anjos avoids Silmar Rodrigues' take down.

Known as the birthplace of NHB superstars, the WVC has launched the careers of fighters such as Igor Vovchanchin, Mark Kerr, Pedro Rizzo, Gilbert Yvel, Stefanos Miltsakakis, Heath Herring, Marco Ruas and many more.

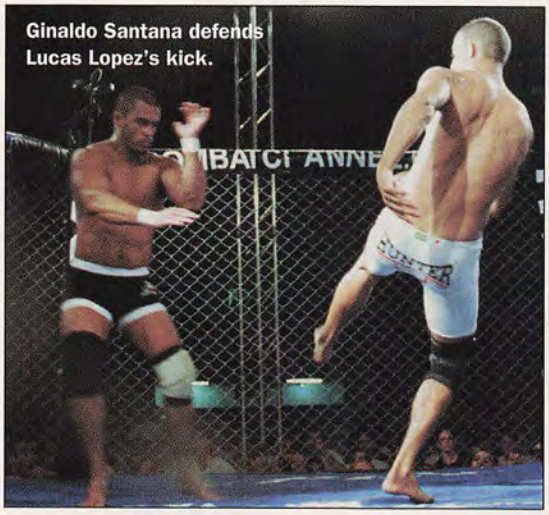
Among the fighters in WVC XIII, there were undoubtedly some superstars of the future.

NHB Growth

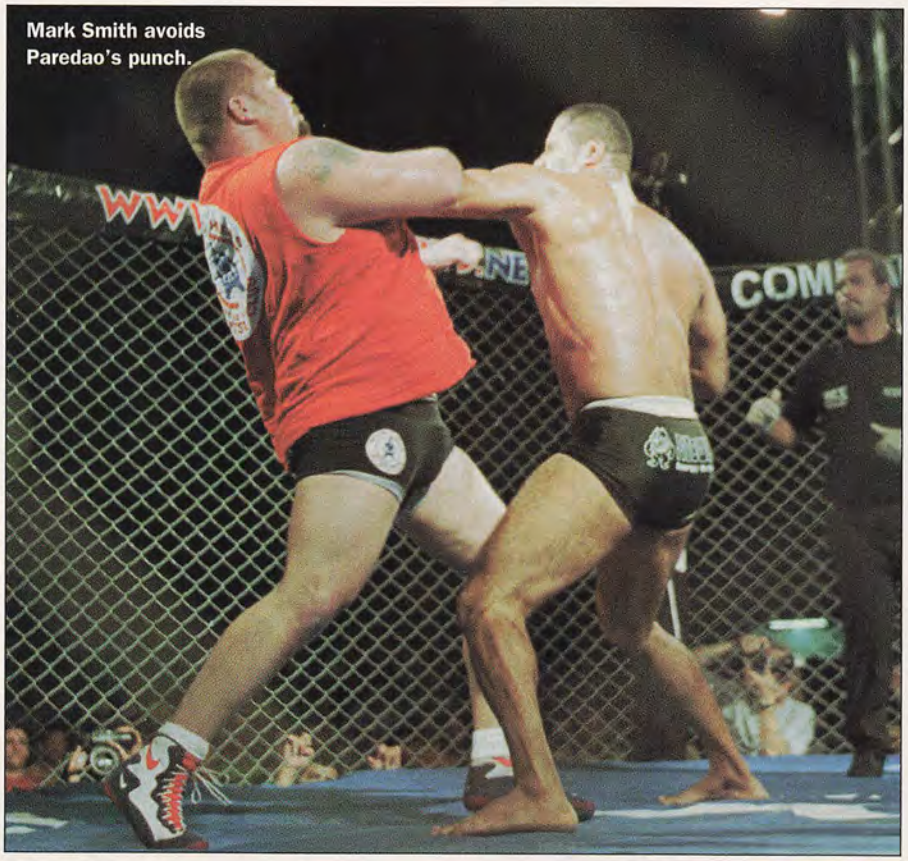
Part of the measure of the sports continued growth is the proliferation of mainstream corporations which have given their names to no-holds-barred events. This was evident at WVC XIII with Pitbull Energy Drink and Fly Airlines serving as the main event sponsors in order to gain visibility with the many mixed martial arts (MMA) fans around the world. Their sponsorship, coupled with the live television broadcast, leads promoter Lapenda to think that the sport is entering a new era of public acceptance.

"I think you will see American cable television realize that fans are clamoring to see NHB," Lapenda says. "The biggest obstacle to growth is that the smaller shows who spend money and time developing fighters, have them signed out from underneath them by some of the major shows. At the very least, the money shows such as Pride and UFC should sign joint management contracts with fighters and their original promoters. Otherwise, you're going to see more shows go under or promoters just stop having them, because they get no return on the fighters they spend so much time building up. The bigger events that do this do not help the sport to grow - in fact, they are cancers in the business and are killing it."

"When you look at the history of the sport," Lapenda continues, "you'll see how many shows have gone under because of this - MARS, World Combat, Extreme, Universal, Iron Fighter, IVC, Contenders, Brazilian Vale Tudo Fighting, and Freestyle Fighting are just a few. We must unite our strength and work in harmony with each other, not try

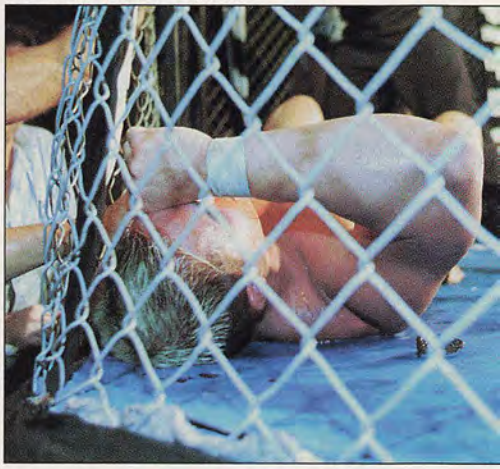


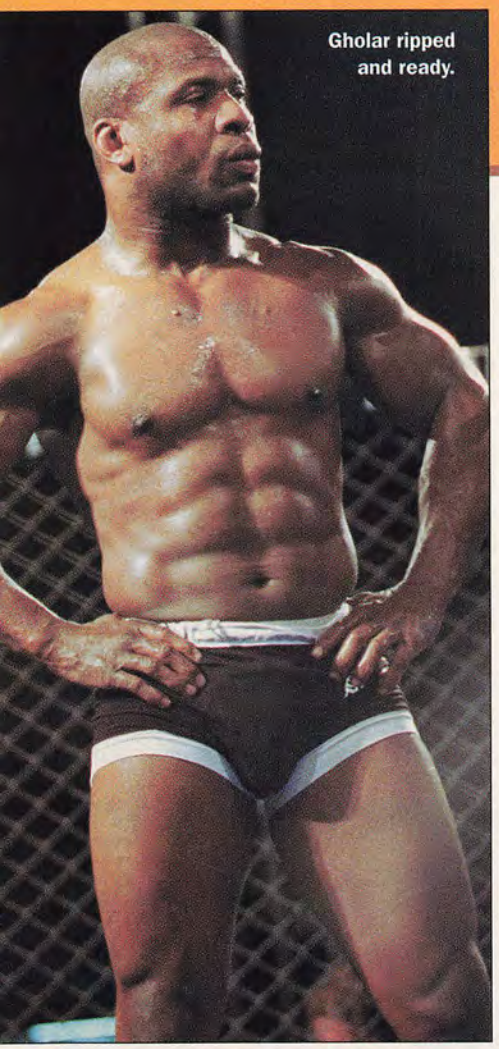
Ginaldo Santana defends Lucas Lopez's kick.



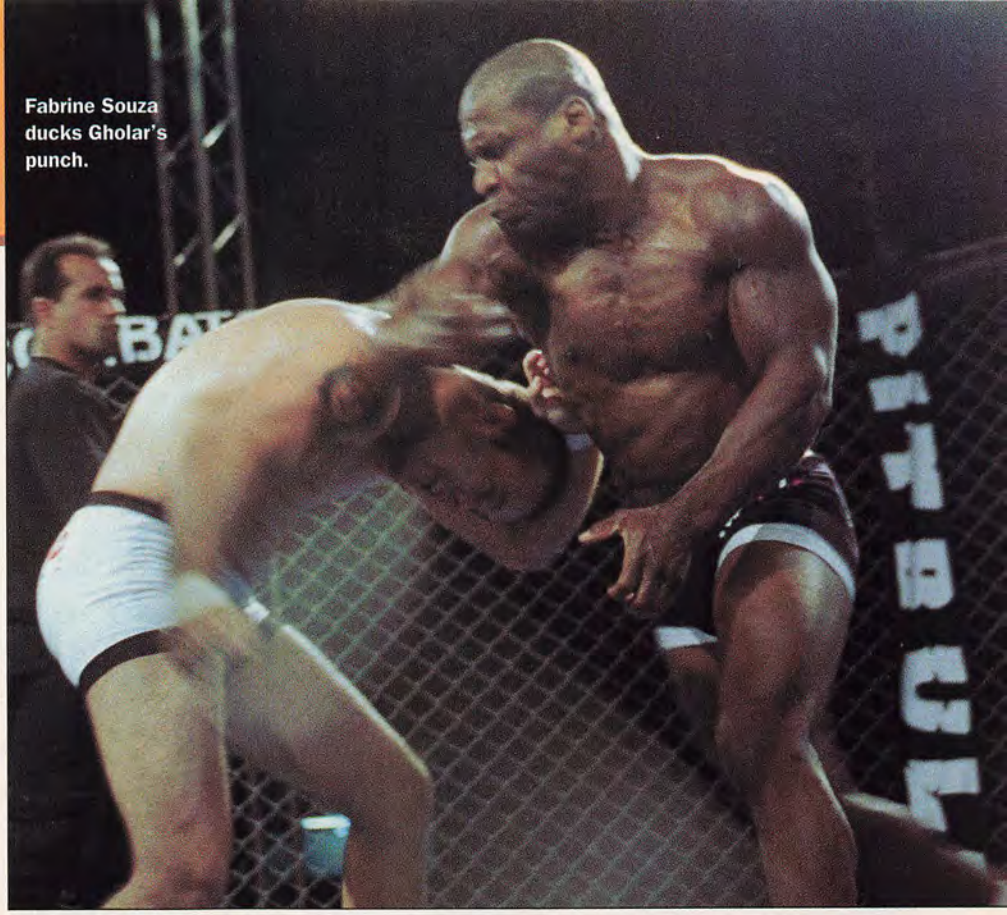
Mark Smith avoids Paredao's punch.

Petrucelli falls to Sucata.





Gholar ripped and ready.



Fabrine Souza ducks Gholar's punch.

to destroy each other. It would be like major league baseball destroying all the farm teams by signing the top players and then not giving the farm teams any money. That would destroy the talent pool where players are developed and discovered and eventually destroy baseball itself. This scenario could easily become a reality in mixed martial arts."

Legendary NHB promoter and UFC creator Art Davie, speaking on the state of no-holds-barred in America agrees: "There is undoubtedly a monopoly on the big NHB shows in the world. I think the more shows you have, the more options the fighters have without having to jump from their original promoter to get into a show. That's why I think the smaller shows do the sport a great service - they give fighters options. Personally, I would love to see a WVC show in Las Vegas. I'm telling you, it would be a hit. There is room for all the shows in the world. MMA has to stop destroying itself if it expects to win a mainstream audience."

Emanuel Cavalcanti, Daryl Gholar and Combat Channel chairman Frederico Lapenda.

Fight Night

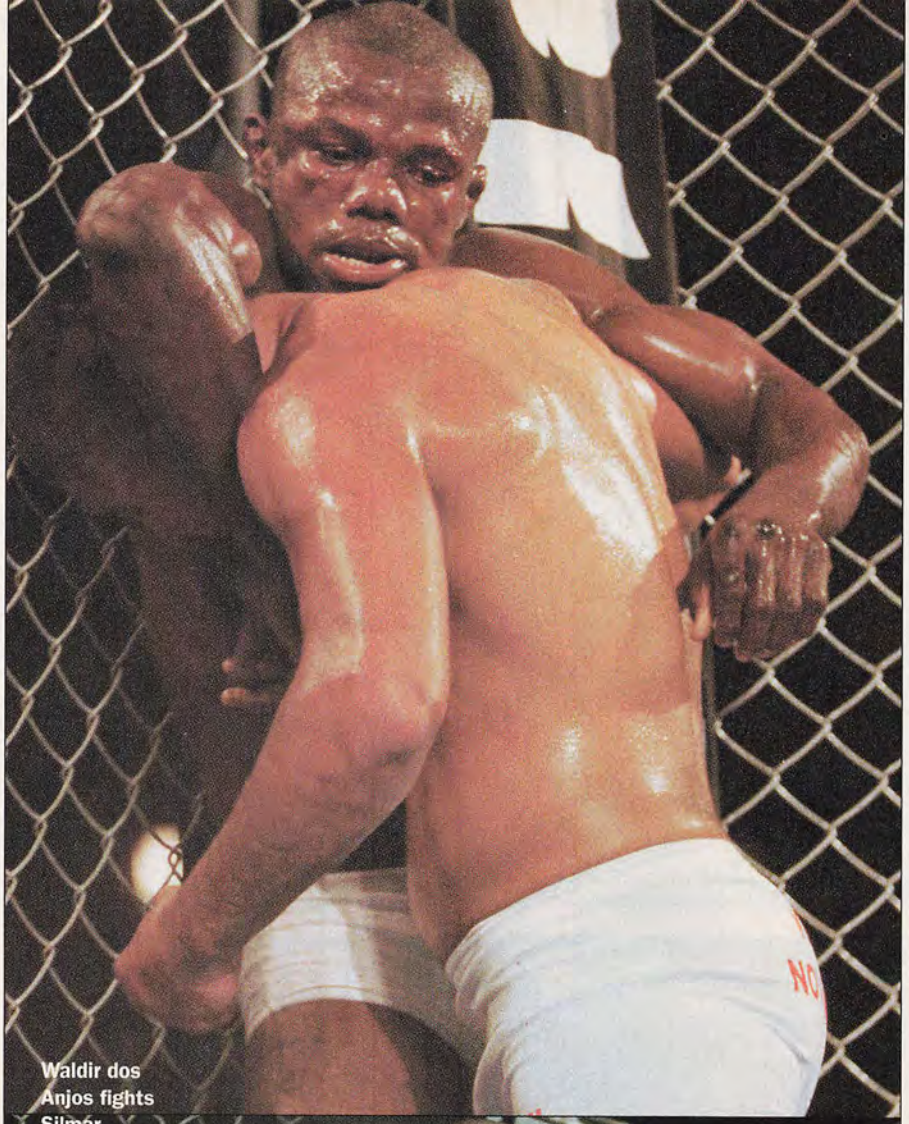
Produced by the Combat Channel, the event featured a four-man middleweight tournament, a special fight, and a Superfight. The event drew an enthusiastic audience that nearly filled the 20,000 seat Geraldao Arena. In typically Brazilian fashion, they were not shy about vocally expressing their feelings about everything from their favorite fighters to their favorite ring girl. "There is no other crowd quite like the Brazilians," Lapenda says. "Brazilians amplify everything, so the energy level cannot be matched."

Besides being shown on live national television, WVC XIII was also shown on tape delay in Japan, Venezuela, and Holland, and magazines from six different countries were covering the event. During the press conference at the Golden Beach Hotel, Lapenda was asked why he chose Recife to be the home of the WVC.

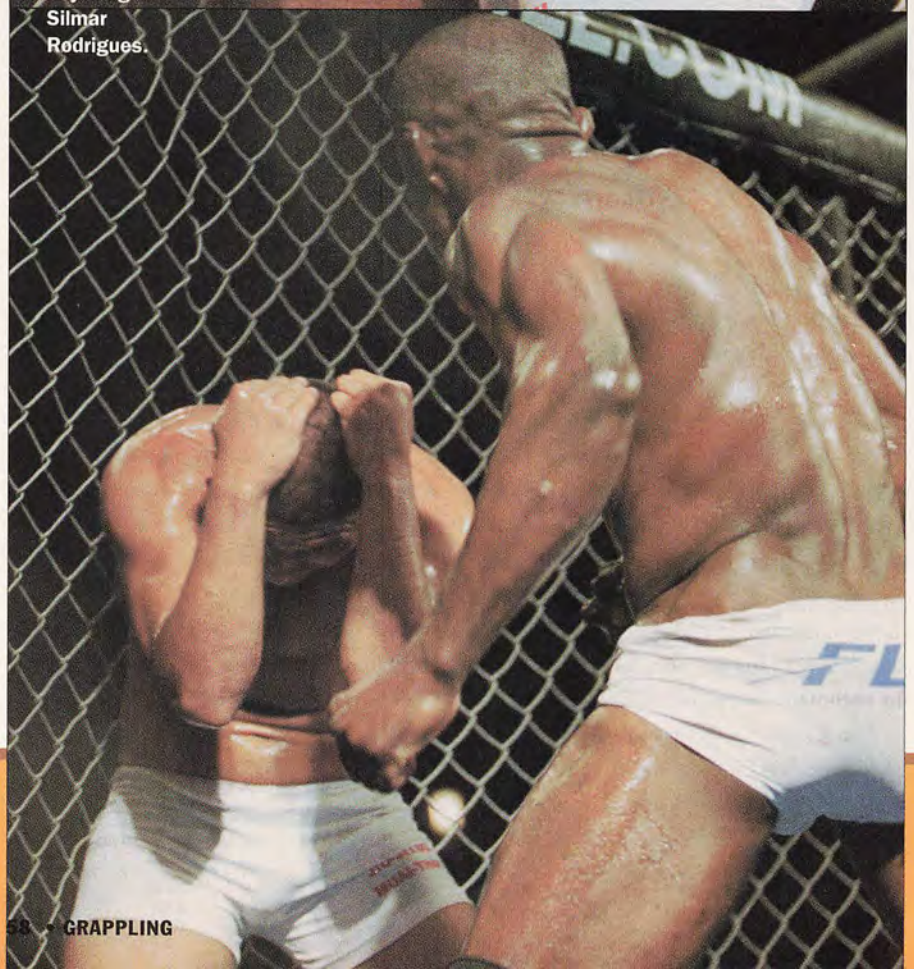
"Many people don't know it," Lapenda explained, "but vale tudo and Brazilian jiu-jitsu were created in the north part of Brazil, not in the south. The first generation of the Gracie family - Helio, Carlos, and Gastao - were born and raised in the north. They moved south to Rio later on in life. The first man to ever defeat a Gracie was not Sakuraba or Ismail, but a man from Recife named Euclides. So the north was where it all began. I believe the most courageous fighters still come from the north."

Alternate Action

The first fight of the night was the alternate match in the middleweight division between **Ginaldo Santana**, a fighter from "Café" Dantes' school, and **Lucas Lopez**, a jiu-jitsu fighter from Natal, a city north of Recife. Lopez is very well-known in the north because of his many fast victories - add that is just what he



Waldir dos Anjos fights Silmar Rodrigues.



did. The fight started with a good exchange of punches and kicks on their feet. When they went to the ground, both men showed great technical skill with quick changes of positions and many attacks and counterattacks. Ultimately, though, Lucas KO's Ginaldo with a hook punch, followed by a kick to Ginaldo's bad knee.

The Bear Gets Muzzled

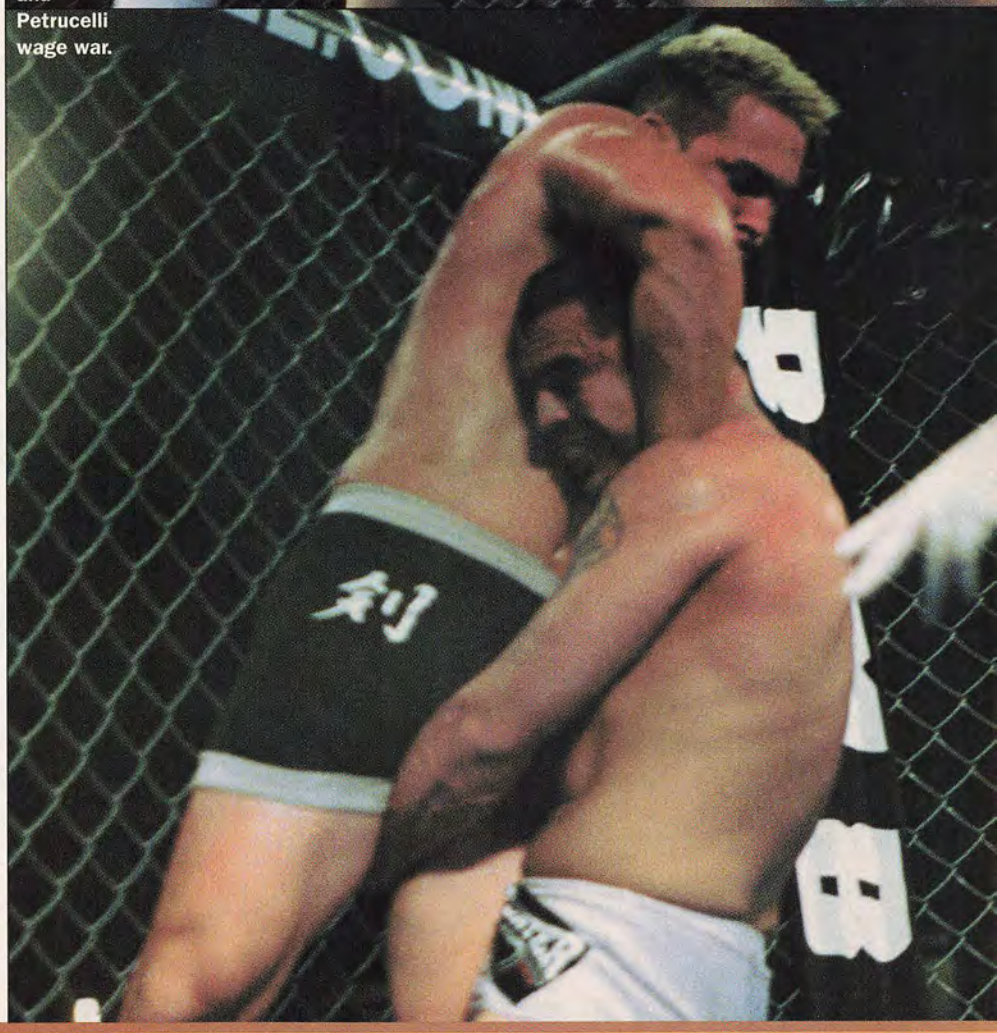
The night's special fight was between the exciting and tough super-heavyweight brawler, **Mark "The Bear" Smith**, from the Beverly Hills Jiu-Jitsu Club, trained by Marcos Vinicius, and a fighter from the city of Natal, **Edson Paredao**. Smith is an in-your-face warrior who backs down from no man, or no dessert. In previous matches, however, when the fight went long, he has had problems keeping up the energy level of his 300-plus pound

Mario Sucata ready for battle.

body. Several times he has dominated a fight only to lose from sheer exhaustion in the closing moments. With the hot television lights and the humid weather all working against him, Smith faced a tough challenge in the form of his chiseled and fit opponent who was very well acclimated to the Brazilian heat.

The fight started slow with both fighters analyzing each other, throwing out jabs to measure the other man's speed and reach. After a few minutes, though, Paredao landed a series of low kicks and The Bear decided enough was enough. Throwing punches to get Paredao moving backwards, Smith took him down and established good position. Fighting on the ground for nearly six minutes, Smith punished Paredao. The Brazilian, though, defended well, deflected many blows, and eventually got back to his feet and landed several good shots in return. Smith tried to retaliate but the heat and the humidity were taking their toll. His punches, even though they landed, lacked their earlier power and speed.

Finally wilting on his feet, Smith tried to hang in but was caught by a series of punches to his face. While the blows didn't seem to hurt Smith, the effort of raising his arms to defend them did. Exhausted, Smith turned his back to Paredao, clutched the fence to keep from falling, and finally tapped out, giving the victory to his much-fitter opponent. After the match, Smith, winded but otherwise unmarked, was not pleased with his performance. "When I fight down here again, " he said. "I'm going to train twice as hard to get in shape. The heat really takes it out of you. I hate to lose - especially because I couldn't catch my breath. I have no one to blame for this loss but myself."



Sucata and Petrucelli wage war.

Middleweight Semifinals

The first semi-final in the four-man middleweight division featured USA Greco-Roman wrestling champion and NHB veteran **Darryl Gholar**. A well-known fighter who has been in nearly

Continued on page 87

Eventually, the two closed and went into a long clinch were they opened cuts on each other with a variety of head butts, elbows, knees, and short punches.

Bobby Hoffman punishing Kupihea.

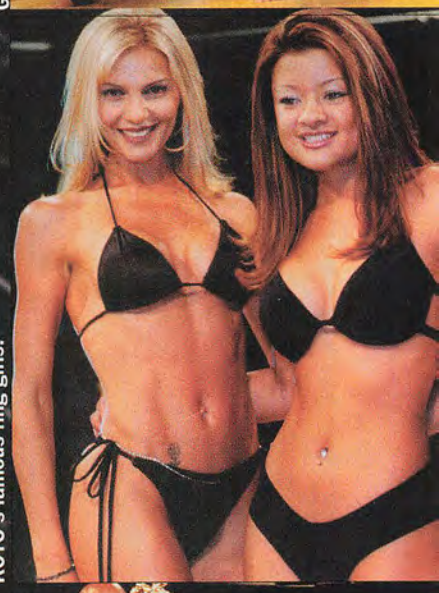
King of the Cage 9

Rages in Southern Cal!

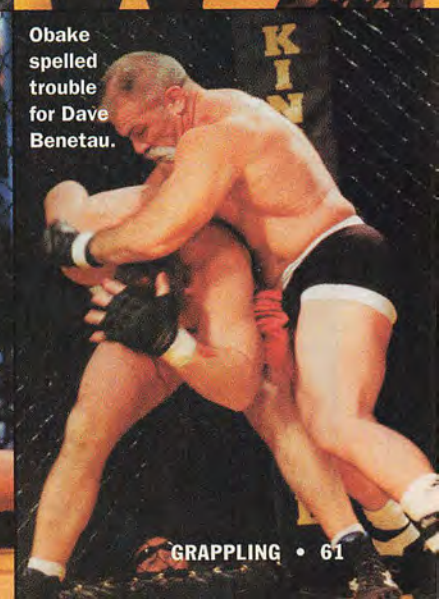
After spending several months on the road, wowing audiences around the country, King of the Cage returned to Southern California with a bang!

With the last two editions of KOTC having been held in other areas of the country such as Michigan and the Colusa Casino in Northern California, promoter Terry Trebilcock and producer Bud Brutsman were ready to return to the Soboba Casino in San Jacinto California, the birthplace of the KOTC. The event took place on Saturday June 23, on a hot summer's night at the casino's outdoor arena. As usual, the King of the Cage delivered an action-packed card full of action, surprises, and more than a few KO's! The sell-out crowd that filled the bleachers and the VIP section were treated to 13 high-energy matches from some of toughest, most skilled, and well-known fighters around.

Galindo stalking Cardiel.



KOTC's famous ring girls.



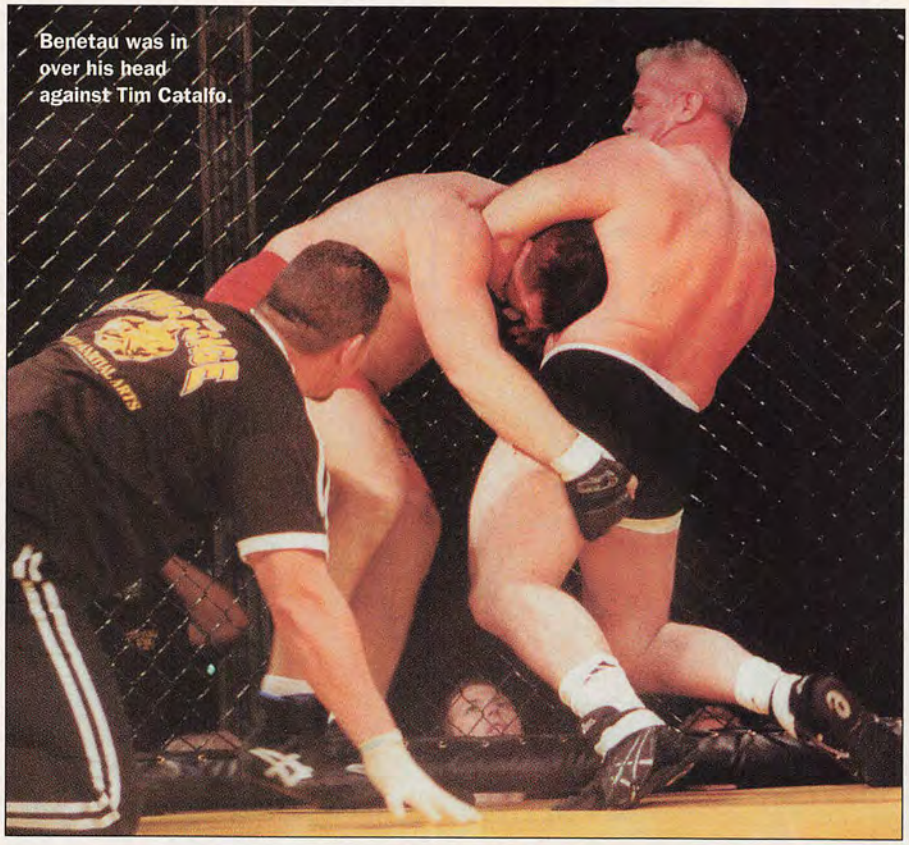
Obake spelled trouble for Dave Benetau.

Spectacular Soboba Casino

As one arrived at the Soboba Casino, you could not miss seeing the improvements to a venue that already ranks as one of the finest settings in no-holds-barred today. The parking lot was greatly expanded to allow the hordes of KOTC fans to park safely and more conveniently, and the outdoor arena was now covered with cloth banners to make it more acoustically efficient. But all that would have been meaningless without the fighters, rules, and beautiful ring girls that keep fans coming back for more. The KOTC is made for a public that likes action - lots and lots of action - and that is just what they got.

Star Struck

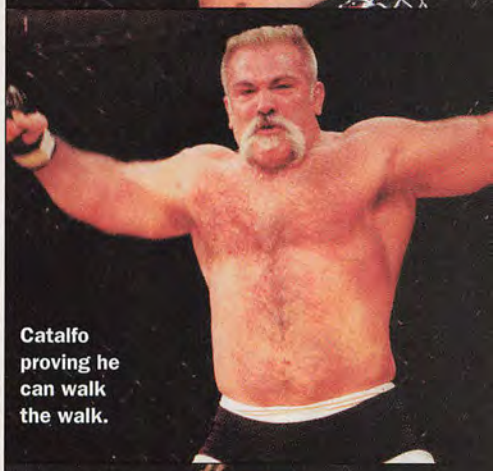
The evening started with the usual star-gazing, and the many NHB celebrities present paraded around and mingled with the spectators. These well-known athletes and personalities included Mark Kerr, Don Frye, Rodrigo Gracie, Ricardo "Cachorrao" Almeida, Jean Jacques



Benetau was in over his head against Tim Catalfo.

Shannon Ritch started fast but lost via heel hook.

Bobby Hoffman, the new KOTC heavyweight champ.



Catalfo proving he can walk the walk.

A million-dollar smile.

The Rhino, Mike Bourke, was in trouble early but prevailed in the end against Rick Godinez.

Machado, Ryron Gracie, Cesar Gracie, Josh Dempsey, Gil Castillo, Carlos Valente, Ken Shamrock, Pete Williams, Vernon "Tiger" White, John Lewis, "Big" John Mc Carthy, Bas Ruten, Submission Fighter's Ed Clay, Tony DeSouza, Charlie Kohler, Sean Entin, Chris Brennan, Richard Norton and Eddie Bravo. To their credit, they were all smiles and very approachable. As the sun started to set in the horizon, it was time for unquestionably the world's greatest ring announcer in any sport, Bruce Buffer, to call the action and put everyone's mind on the evening ahead. The stage was set for another KOTC.

Hoffman dominated Kupihea.

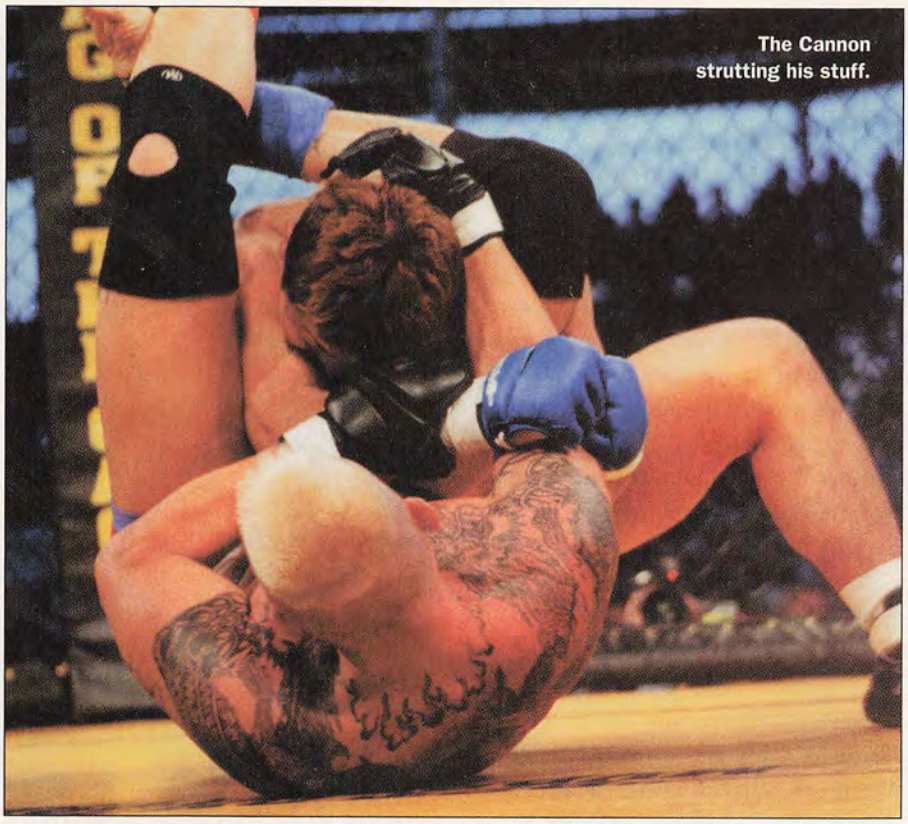
Preliminary Fights

The night started with the preliminary matches and **Quach** looked very sharp and in making short work of **Tenorio**. This was followed by **Javier Vazquez's** quick submission of **Farrell Frisby**, a very good submission fighter from Roland Serria's Rage in the Cage show. Frisby never really got started against the skilled and aggressive Vazquez, and was in a little over his head in his first mixed martial arts match.

In the next match, **Mitsuoka** defended an arm bar attempt from **Strebendt**, then passed the guard and mounted and delivered a vicious elbow to the face of Strebendt that ended the fight. Mitsuoka looked good and was a little too experienced for the young Strebendt. **Mike "Wildman" Lee vs. Thomas Denny** was

a one-round battle with both fighters going at it hard and furiously. Early in the match, Wildman secured a very tight guillotine choke that Lee somehow managed to escape. The effort, however, took a lot out of him, and Lee could not answer the bell for the second round.

The final match of the undercard, featured **Shannon "The Cannon" Ritch against Katsumi Uchuda**. Ritch has fought in some of the world's premier shows including Pride and WVC, and has faced many world-class fighters. While very skillful on the ground and possessing both power and speed in his stand-up game, Ritch has made a habit of fighting anyone, anytime, anywhere - regardless of the size or weight of his opponent. With a natural weight of around 160 pounds, Ritch has routinely fought men weighing as much as 220 pounds! Because of this, many of his losses have been against men whom Ritch could simply not compete with due to the size differential. This has included both Cacareco and also Sakuraba. In this fight, however, against only a slightly larger foe, The Cannon did everything right but win the fight.

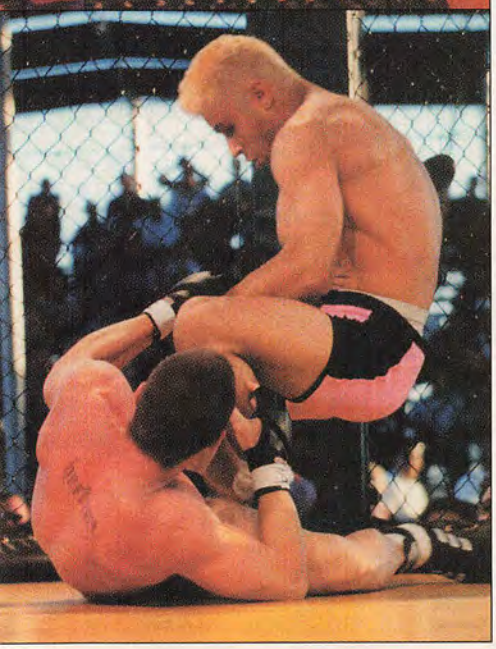


The Cannon strutting his stuff.

Coming out hard and fast, Ritch opened up with a huge bomb that sent Ushuda right to the canvas. From there, Ritch went to the ground and proceeded to triangle Ushuda. When Ushuda resisted, Ritch made a lightening-fast change to an arm bar and cranked it down. The gritty Katsumi, however,

A game but outsized Sean Alvarez.

Shannon the Cannon, ready to rumble.



arm, he wouldn't tap on the foot. Ritch would have been better off attempting to escape the submission hold and go back to his dominating stand-up game. Instead, he made the mistake of attempting to exchange submission attempts with Uchuda. After a brief struggle, Ritch tapped to the heel hook.

After the fight, while Ritch looked none the worse for the wear and seemed ready to go 10 rounds, Uchuda's arm was packed with ice and immobilized. Rumor had it that Ritch had broken the arm. "I heard it snap three times," Ritch said. "I was afraid I would give him a compound fracture if I applied any more pressure. I thought the referee should have stopped the fight, but since he didn't I released the lock."

Feature Fights

After a break it was time for the feature fights. **Victor Hunsaker** made short

Continued on page 80

Sean Alvarez (lft.) and Eric Pele measured 6.9 on the Richter.

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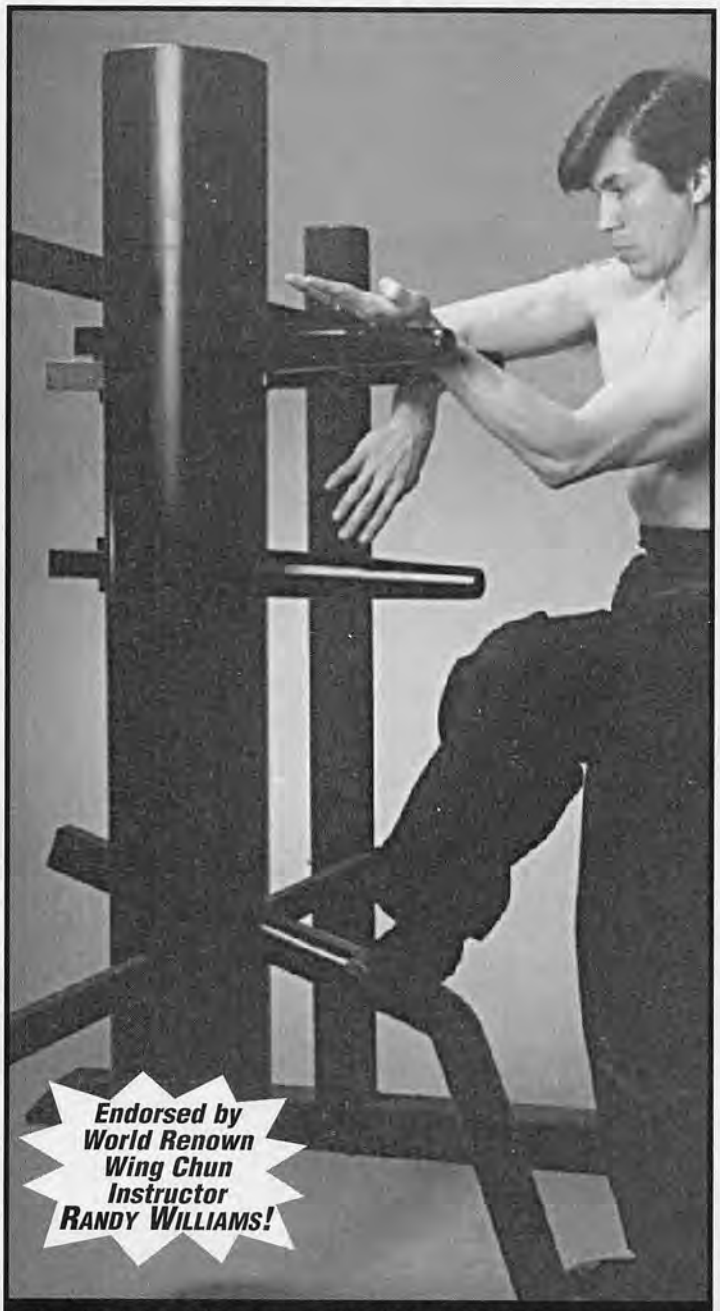

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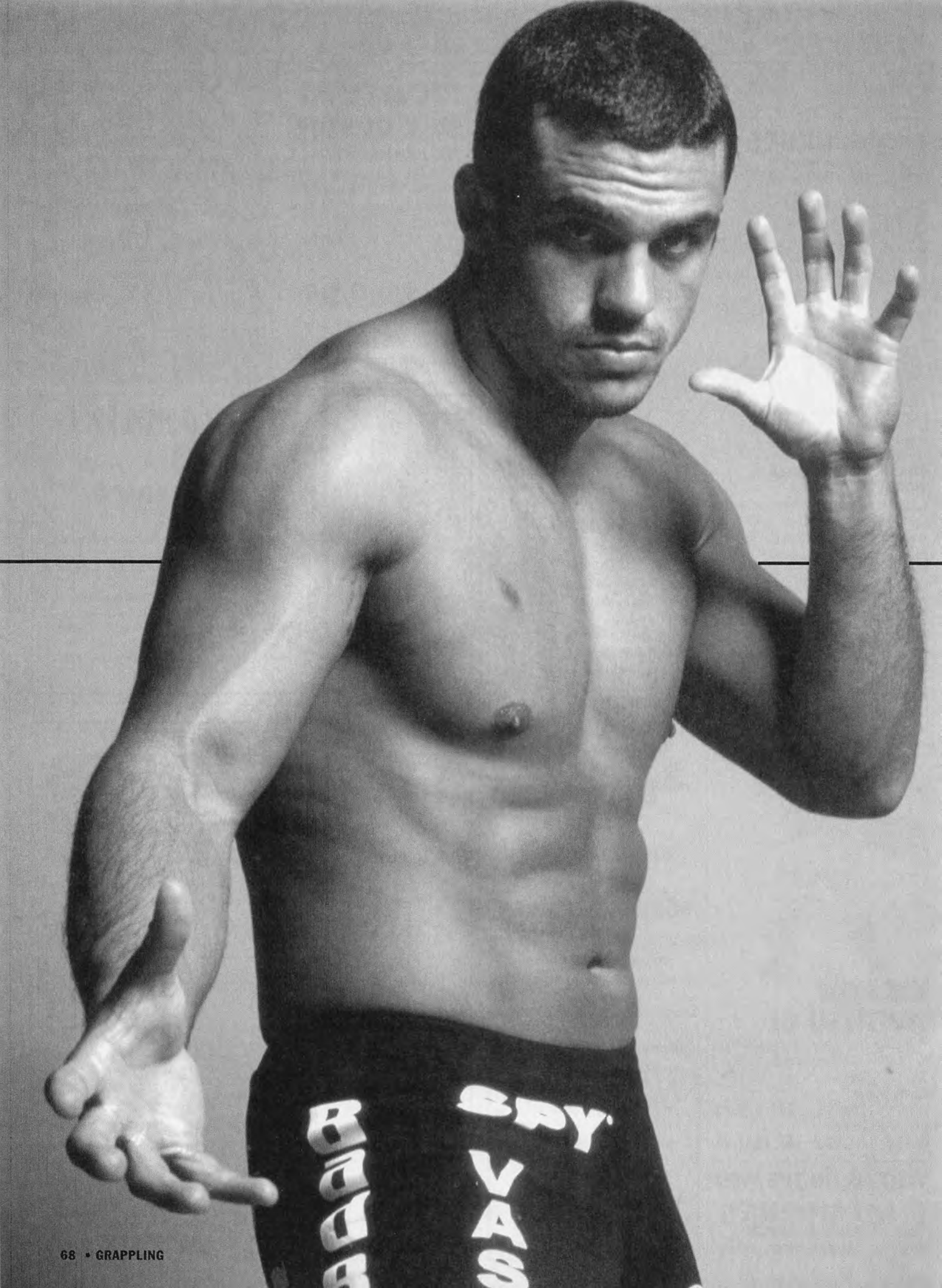

SPY

Vitor Belfort

A Force of One

By Todd Hester

"If you can keep your head when all about you are losing theirs and blaming it on you; If you can trust yourself when all men doubt you, but make allowance for their doubting too; If you can wait and not be tired by waiting, or being lied about, don't deal in lies, Or being hated, don't give way to hating, and yet don't look too good or talk too wise: If you can dream and not make dreams your master; if you can think and not make thoughts your aim; if you can meet with Triumph and Disaster and treat those two impostors just the same...yours is the Earth and everything that is in it."

-Rudyard Kipling

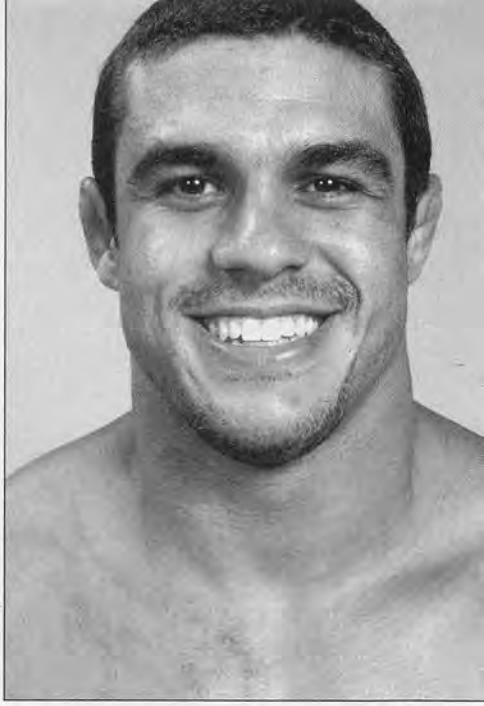
Kipling's famous poem "If" could have easily been written about Vitor Belfort. Only 22 years old, Belfort has already been hailed as a hero, and cursed as a bum. From the top to the bottom, Belfort has seen and heard it all. Yet with an internal balance the belies his age, he has managed to keep his head and his sanity throughout all the ups and downs. Now riding a winning streak in Pride and on top of the world after his upset victory over a much bigger Heath Herring, Belfort has not let the win go to his head. Despite being known the world over as a no-holds-barred fighter, Belfort's goals are simple - live a good life and be a good person.

Takedown To A Side Gi-Choke

Vitor Belfort (rt.) faces an opponent in a jiu-jitsu match (1). He shoots in, grabbing the front leg, and keeping the far arm trapped (2). He moves to the side, releases the gi sleeve, and cross-grabs his opponent's lapel (3). Leaning over his opponent's body, Belfort pulls his arm upwards, and applies a powerful gi choke for the submission (4).

Q: Fans think of you as a pure jiu-jitsu and vale tudo fighter. But didn't you concentrate on boxing for a while?

A: I always loved no-holds-barred but at that time the sport was going so bad, people were treating the sport like garbage. Using it just as a way to make money and then get out. I don't think that way. I think we've got to make money of course, but first of all make our fans and the people that love the sport happy. Too many promoters were not thinking that way; they were not treating the fighters right. They just pick-up a fighter and say, "Hey, man, wanna make some money? Just come here and fight." The rules were so nasty, so bloody, so bad and I didn't like that. I said, "Hey, man, that's not what I want for life and that's not what I want for the sport." What I want for the sport is for it to get big again. When I decided to go to the Olympics, one week before the trials I was hurt and I couldn't go to the trials. So



"My dietician is Ronald McDonald and I specialize in his food. I try to eat healthy but I do eat my junk food, too. I'm young so I don't worry about that so much."

I missed my chance. Then Pride offered me a fight right around that time. So I said OK. I trained for two weeks and I went to fight. I was so happy because Pride has good rules. Now the UFC has come back again with good rules, good intentions, and good productions. So I'm so happy - I'm so stoked. Now I have the chance to try professional boxing. My manager called the owner of the UFC and said the only thing I want is for you to let Vitor fight professional boxing. You see, I want to prove that I can do both. I can do both. I know I can. But within the next year - one year from today - I know that I'm going to have to make a decision about which way I'm going to go. I would rather stick with NHB fighting because that is my true sportive love. But by that time, if the sport doesn't go in the right direction for the fans and for the fighters, then I'm going to concentrate on

boxing. But let's see. A lot of good things are happening right now. My heart is still in NHB. I put it in God's hands. I will see what he decides.

Q: You're with the Brazil Top Team now. How did that team form?

A: First I made a break with Carlson Gracie and then I got together with my buddies from the Carlson team. I always train with my friends on that team. What was hard for me was that Carlson didn't want to be a trainer anymore. He wanted to charge 25 percent for being a trainer only - but then he didn't train me. A trainer is somebody who you pay a fee to. The only person who get a percentage is a manager who books fights for you. Then he is worth whatever new money he brings you. But if he is not bringing any fights, but just waiting for me to get them and then taking 25 percent, I didn't think that was fair. I always treated Carlson like a father. But then he had a lot of people who started tell him that he should charge me a percentage. So I felt that he started seeing me as a ATM machine and not as a friend or a student or a son. So we had a difference of opinion and we didn't agree so I thought that it was better to break up and move on with my life. But I want the best for Carlson. I want him to go and do his thing and be happy.

Q: So you don't have any bad feelings for Carlson?

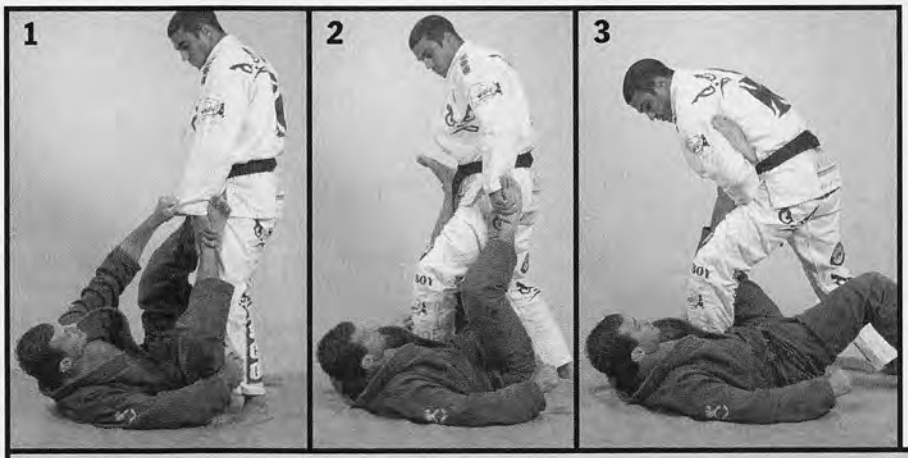
A: No I don't. He's said a lot of things about me, but I don't take what he says with anger. I try to have God in my heart. I don't put aside all the years we had together just because he gets mad and says some things. The key of life is to forgive people and also to be forgiven. If I have done something wrong then I hope to be forgiven, and if someone has done something to me then I hope to forgive them. If I hurt Carlson's feelings like he says I have, I pray to God that he can forgive me. For sure, I forgive him the things he said about me. I could never hate Carlson. All I can do is move on with my life. I don't have bad thoughts.

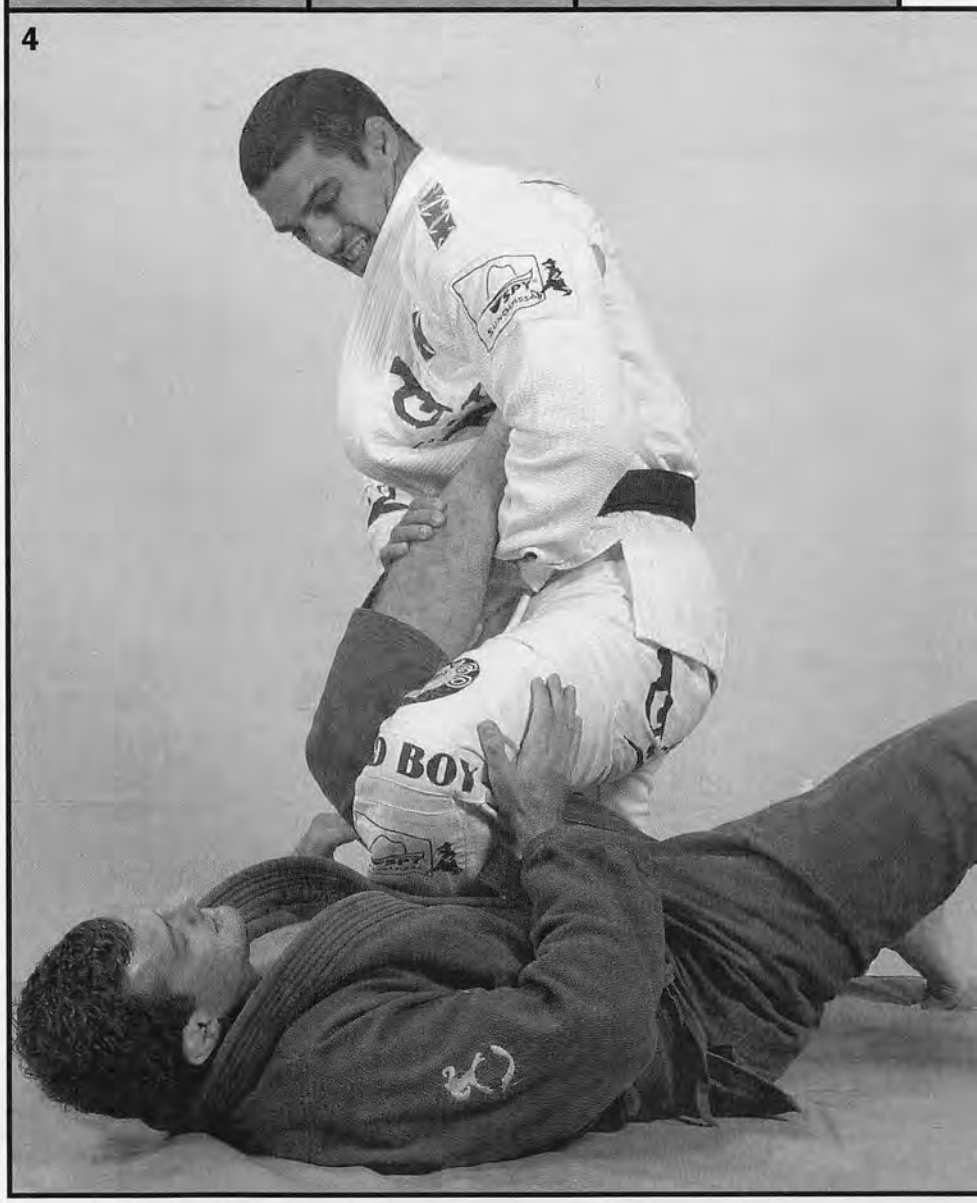
Q: So when you broke up you started the Top Team?

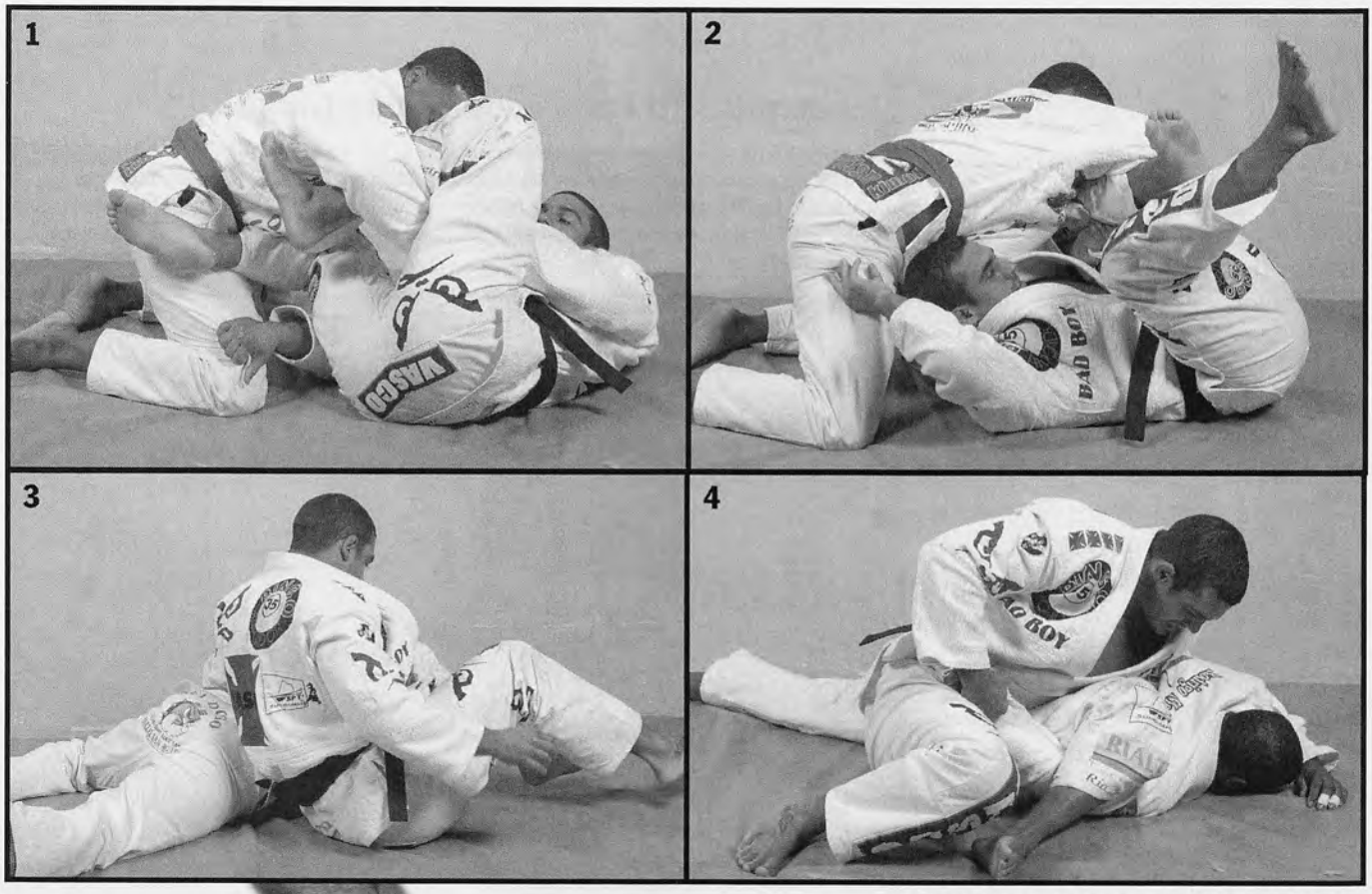
A: At around the time I broke up, the other guys on the team also broke with Carlson. So we all said, "Let's make a

Standing Guard Pass To An Ankle-Lock

Vitor Belfort faces an opponent who is holding him at bay from the guard (1). Splitting the legs with his hands, he steps across his opponent's body (2), and then puts his weight forward for stability while wrapping the far leg with his near arm (3). Hooking his leg around his opponent's thigh, Belfort then leans forward and applies pressure on the ankle on the submission (4).

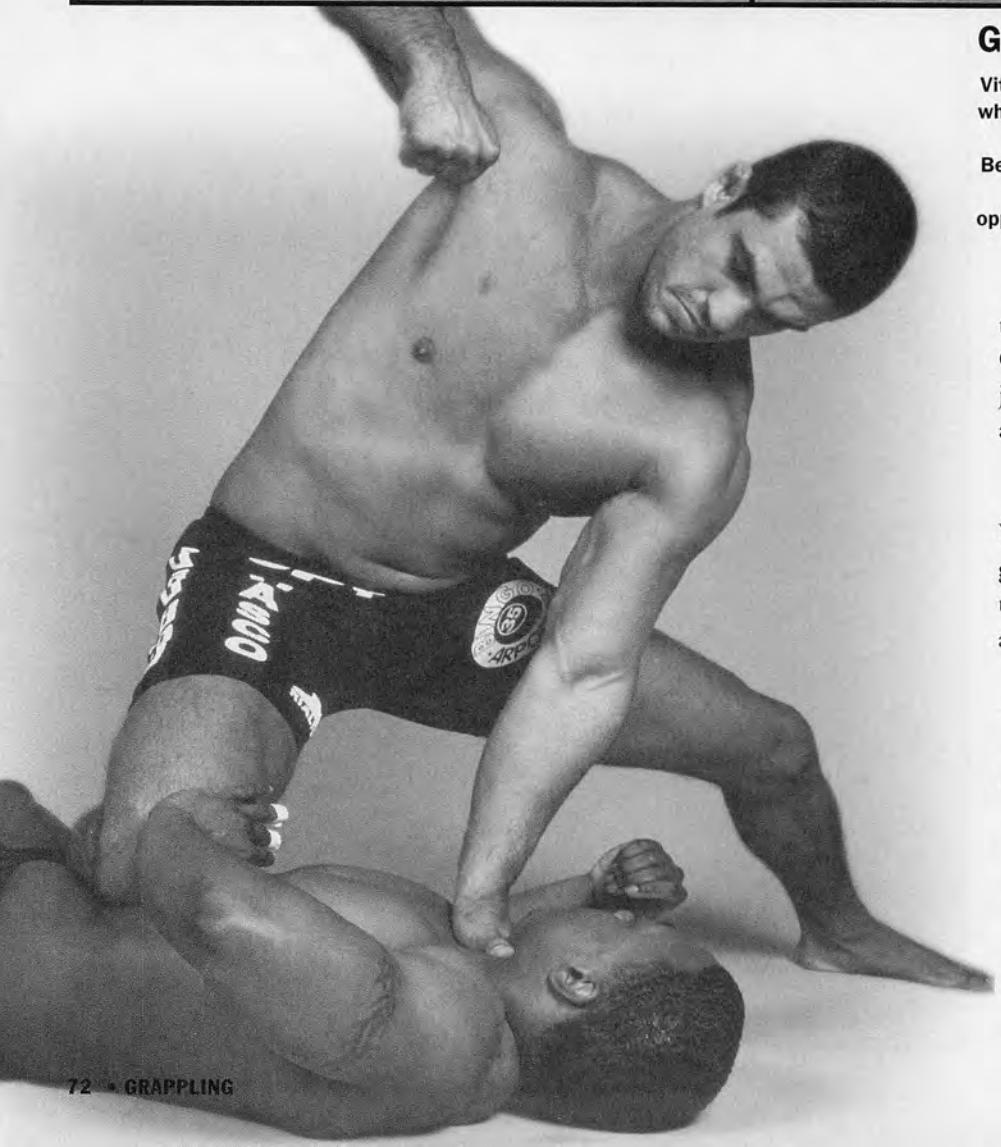






Guard Spin To An Arm-Lock

Vitor Belfort is caught underneath an opponent who is attempting to establish side control (1). Putting his knees up to create distance, Belfort spins underneath and comes out on the opposite side (2). Raising up, he traps his opponent's arm with his leg (3), and then leans forward for the submission (4).



team." When I went to Japan and fought Gilbert Yvel, we formed a team then. We just decided to stick together and to train as friends and partners.

Q: What is your training like now?

A: I train Monday though Saturday. We mix it up with kicking, punching, grappling, wrestling. We put it all together and train each other. I try to do a little bit of everything everyday. Some

"I want to help people in ways that money cannot buy. Maybe by seeing what I do, they can see that they can achieve their goals also."

days we do guard, kicks, and punches. Other days we do passing the guard, takedowns, and arm bars. I think that if you mix it up every day then you don't get bored and it keeps the training fun.

Q: Do you train with any one person in particular?

A: Just whoever is there. It depends on the day. But the guy that I stick more with is Liborio. Before fights I like to spend a lot of time training with him because he is very analytical. I like everybody really. When I am in the U.S. I try to improve my skills in many different areas because there are a lot of good guys outside jiu-jitsu. So I train boxing, wrestling, and whatever. We don't limit ourselves at the Brazilian Top Team. Some schools only want you to train at their school, but we're not like that. We like to learn from everybody in order to improve.

But in Brazil we have a training center. We rent a place and everyone just meets at that place to train. Me, Liborio, Alan Goes, Murillo Bustamonte, Carlo Baretto, Mario Sperry, Paulo Filha - we have a lot of very good guys. A lot of kids, too, who are coming up. We want to be around a long time, you know? But the key of training is that you can't have too many rules. You can't say don't train here, or don't train there. Of course, I'm not going to train my opponent, or the opponent of someone on the team. But I can train with other guys. We don't have rules like that.

Q: Does anyone dominate on the mat when you guys train together?

A: We don't compete that way when we train. We think more about technique than about not tapping. On a certain day I might tap to a white belt if I'm in a certain position and want to put myself in danger and see if I can get out of it. We want to learn from each other so we don't have a lot of ego in the school.

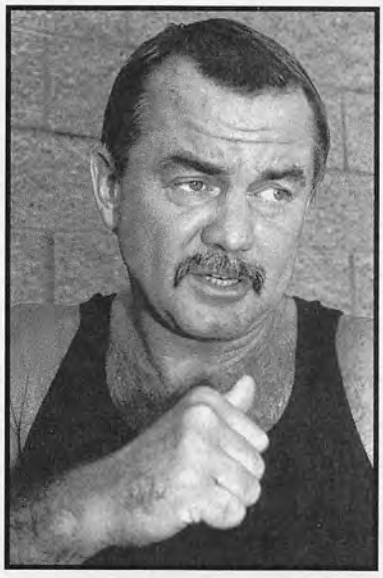
Q: How many hours total do you train each day?

A: Four, six, or eight hours depending on what I'm training for - submission or vale tudo or boxing or whatever. It varies according to how close my fight is also. There are a lot of variable. Like I say, I train hard but I try to be smart and flexible. I control my training, I don't let my training control me. If I'm hurt I take it easy. If I'm tired I rest. If I'm sick I don't push it. But if I'm healthy and feeling good then I will train like a madman. I like to train with Paulo Caruso for my overall physical training. A lot of the fighters there train with him for strength, fitness, endurance, balance, and agility. Everyone who trains with him improves. I trust what he tells me 100 percent. He is the most important of all my trainers.

Continued on page 103

Guard Reversal To A Kneeling Arm-Lock

Vitor Belfort is caught on the bottom and holds his opponent in the guard (1). Pushing his opponent's arm inside, he slides his hips outward (2). Pulling his opponent's far arm towards him (3), Belfort rotates his body on top and hooks the arm (4). Rising to one knee, he extends his opponent's elbow (5), and then straightens his back for leverage and applies the finishing lock (6).



Larry Hartsell

The Pillar of American Grappling

By Jose Fraguas

Larry Hartsell is one of the world's premier grapplers. As much as 30 years ago, when all other martial artists where extolling the "unbeatable" arts of karate and kung-fu, Hartsell was teaching his eclectic mixture of grappling and submission fighting based, much like Brazilian jiu-jitsu, on the arts of Japanese jiu-jitsu and judo. Modifying the traditional techniques to better apply to streetfighting and "real" self-defense situations, Hartsell refused to accept the criticism that a grappler could never deal with the strikes and kicks of a trained stand-up martial artist. Never backing down from his beliefs, and willing to test his grappling system against any challengers, Hartsell carried the grappling flame in the United States, and around the world, for years. When the UFC finally allowed grapplers to test their skills against other arts in a realistic setting, Hartsell's years of teaching and training were finally validated.

He began his martial arts training in judo and wrestling and became one of Ed Parker's top students until he had the chance to spar with Bruce Lee. Accepted by Lee as a student, he became one of the few people chosen to privately work out with the "Little Dragon" at his home in Bel Air. Bruce Lee's eclectic approach to martial arts gave Hartsell the chance to pursue his grappling passion without feeling like he was "doing something wrong."

Today, Larry Hartsell lives in Los Angeles, California. His emphasis on constant change and adaptation has led him to study numerous grappling and fighting systems like Thai boxing, savate and shoot wrestling in order to find new grappling techniques, and new ways of dealing with attacks against grapplers. Still touring and teaching throughout the world, Hartsell is truly "the pillar of American grappling."

Q: Did you have any previous martial arts training before meeting Bruce Lee?

A: Yes, I began in 1958 in judo but I also trained in wrestling. I was fascinated by Japanese karate at that time so I started to train shotokan under Hidetaka Nishiyama. Later on I began studying kenpo karate under Ed Parker at his school in Santa Monica. I really had a wonderful time learning from that great man.

Q: When did you meet Bruce Lee?

A: I met Bruce through Dan Inosanto in 1964. I was training at Ed Parker's school when Dan Inosanto and Bruce walked in. We were sparring and after class, Bruce asked me to spar with him. I couldn't touch him. Every time I tried to move - bang - I was the one being hit! He was very light on his feet, and his footwork was amazing, very deceptive and evasive. He liked to try new things when sparring, but when he really got serious he'd stop-kick, trap and finish. By that time I was on leave from the Army before going to Vietnam, so I asked Bruce if I could train with him after my discharge. He said it was OK. We did train with Dan Inosanto on and off until I left to Vietnam. After my release in 1967 my training began to be more intense. It was the time when Bruce was developing Jeet Kune Do.

Q: So your sparring experience with Bruce was very frustrating?

A: Very much! The minute we began I knew that something was wrong. He was moving in and out, I couldn't touch him, and he was tapping me every time he wanted to without me being able to adjust. Nothing worked - he just tore my ego down. Six years of kenpo right out the window, I thought.

Q: Did you spar with equipment on?

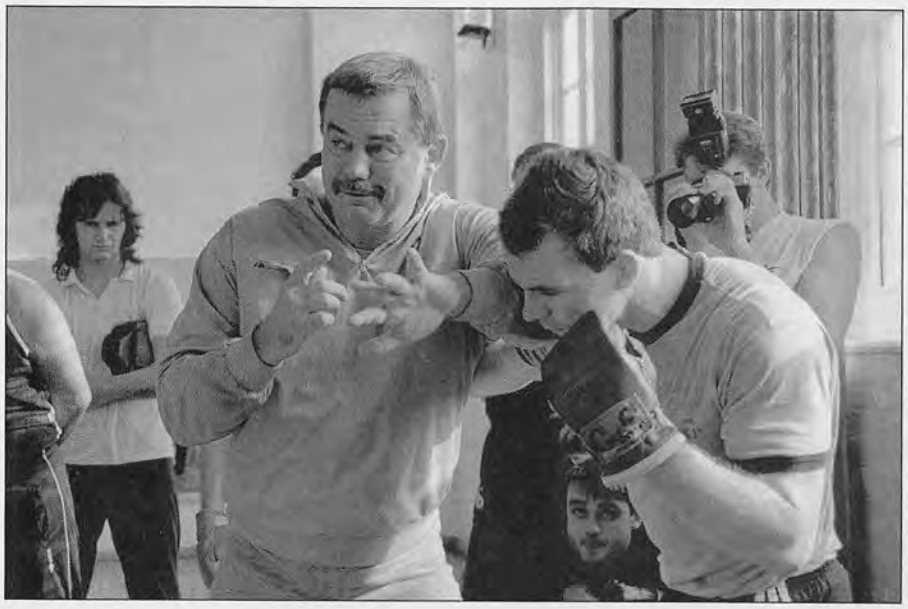
A: Yes, all the time, because were going full contact in the mid-60s. We used to spar with headgear, boxing gloves, shin guards, groin cups and sometimes body gear. A lot of thing change in your mind when you go and spar like that. He always was trying to train as realistically as possible.

Q: How did he change your overall training view?

A: He changed my whole perception about fighting. He added mobility and a lot of footwork. That basic concept modified many things. I was a kenpo man and what Bruce was teaching was completely different. His training used to be private or semi-private.

Q: What were the training sessions like?

A: There was a lot physical condi-



tioning. Because his interest was in working with the individual, Bruce kept the classes very small. We used to do a lot of heavy-bag training, air-shield drills, wing chun sensitivity drills, and trapping hands. Everything was focused on being practical and functional in combat. He emphasized understanding timing and rhythm, and he always maintained that it was better to have five or six techniques that you can really use rather than 200 techniques that you just know. I also trained at his house where the workouts were very different.

Q: Did you drop any of Ed Parker's teachings when you left him to go train with Bruce?

A: I had to. Bruce was using a very different structure. We were using Western boxing, wing chun trapping, wrestling, and things like that. None of those aspects could be used in kenpo.

Q: What was the main idea behind Bruce's teachings?

A: I would say "personal liberation." He used to say that you owe allegiance only to yourself. So you had to be free from any martial arts style or system.

"You can't teach or train Joe Frazier the same way you train Muhammad Ali. I really believe that you can only guide the student to find the cause of his own ignorance."

This philosophy opened up my mind so I could experience other methods such as Thai boxing under Chai Sirisute, and shoot wrestling with Yori Nakamura.

Q: Did martial arts training help you after your return from Vietnam?

A: It helped a lot! I had a lot of hostility in me. Basically, Bruce channeled that hostility into martial arts and changed my personality for the better.

Q: How do you remember Bruce?

A: I basically remember him as a friend. His presence and personality was incredible. We used to go to his house to train, and to bookstores to find old books about boxing or fencing. One day he spent $500 on one old boxing book published in the 17th or 18th century. We also used to watch old boxing films to analyze techniques and movements - things like that.

Q: Did your training change after Bruce's death?

A: Bruce always emphasized that his truth was not our truth. His whole JKD philosophy was meant to be a process of self-discovery and problem solving. He taught me to find what worked for me and that's what I keep doing. I'm an in-fighter

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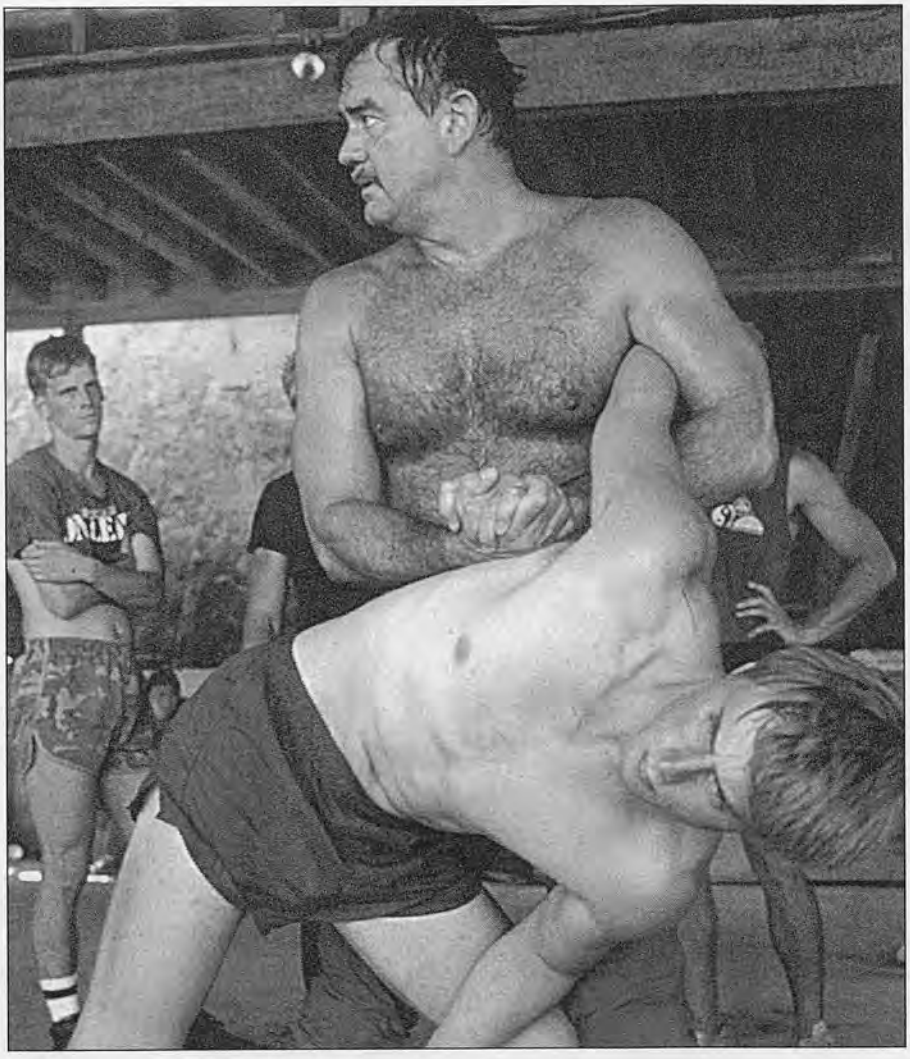

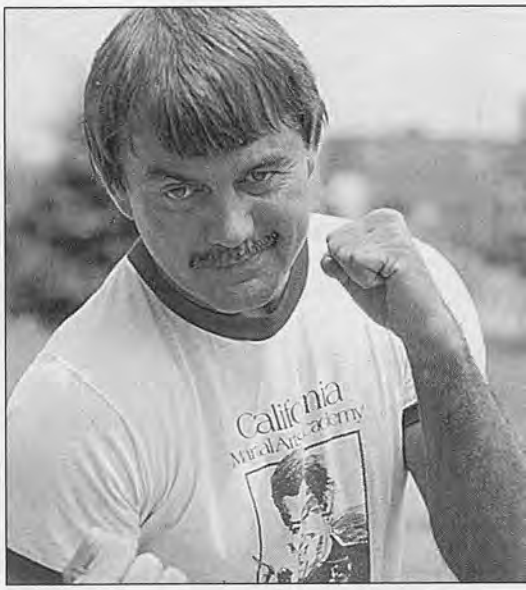

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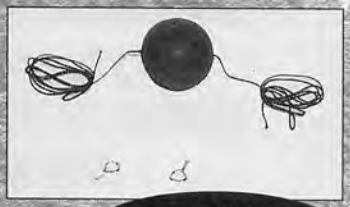

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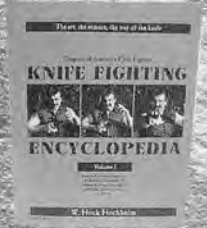

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FITNESS

KOTC 9

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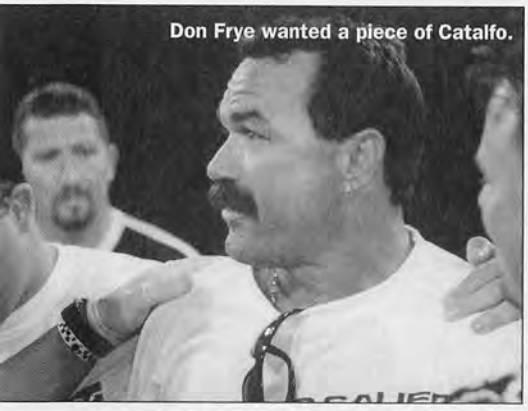
work of **Patrick Lebron** and finished him with a quick triangle. Hunsaker is a steady and crafty fighter from the Eddy Millis Shark Tank who improves with every appearance. Millis is a legendary trainer who always has his fighters ready to rumble. Millis himself recently made the jump to K-1 kickboxing with a win in Vegas, and is scheduled to go back and fight in their next big show.

The next match had **Rick Godinez against "Rhino" Mike Bourke.** The Rhino showed-up looking much leaner and fitter than previous times and appeared to be ready for work. Godinez surprised him, however, and after a quick exchange was on side control delivering a series of knee strikes to the side and head of Bourke. Godinez was guilty of a foul due to a strike to the groin and was assessed a penalty point. In the second round Godinez established a similar position across the side of Bourke, who then managed to reverse him. Even with the good position, though, Bourke couldn't do much damage to his far heavier foe. The two fighters were then stood-up and The Rhino attempted a huge haymaker. The punch started with his right hand coming from New York, made a left turn in Albuquerque, and got off the I-15 in Soboba only to miss Godinez's head by a whisker. If it had connected it would have been the end of the match for sure. However, it missed and the momentum of the punch sent Bourke stumbling to the canvas and Godinez quickly jumped back on top. In the end, Bourke got the dubious judges due to the minus point assessed for the foul. A tough win for The Rhino who gutted this one out on pure instinct.



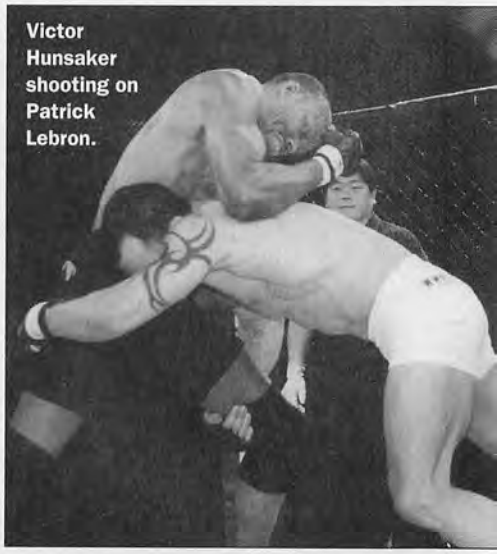
Don Frye wanted a piece of Catalfo.

Next it was time for **Galindo vs. Cardiel.** Lion's Den fighter Galindo appeared much fitter than previous times and took the fight to Cardiel. Galindo dominated the entire fight and despite not attempting a leg submission urged by cornermen Pete Williams and KOTC Light Heavyweight Champion Vernon "Tiger" White still won the fight with ease. After the match a happy Ken Shamrock, the head of the Lion's Den commented: "He is looking good but we must do a little more boxing. But looking good!"

The next fight had **Lambert** surprising the hard-hitting **Mathis** and winning by referee stoppage after delivering several punches to Mathis' head from the mount. It was now time for another pause in the fight action. KOTC, however, believes that the action must continue at all times and so they delivered a great fireworks display that had the crowd on their feet.

Main Events

The main event fights started with **Brian Foster** beating **Amir** by TKO early in the first round. Foster is a tough cookie who comes to brawl and never retreats. Amir, coached by Bas Ruttan, landed



Victor Hunsaker shooting on Patrick Lebron.

many good punches but could not damage his tough opponent.

It was now time for one of the most anticipated fights of the evening - the return of **Tim "Obake" Catalfo** and **Dave Beneteau** to the ring. Catalfo, legendary for his animal-like strength, hadn't fought since years ago in Brazil and many questioned his credentials and ability to fight. He entered the match as a man possessed, and from the sound of the bell fought as if he had something to prove. He defended a shoot for Beneteau and pounced like a tiger to side-control, delivering a string of powerful punches to Ben's head. Catalfo hit Beneteau so fast and furious that it startled the veteran fighter - and stunned the crowd. The ferocity displayed by Catalfo has rarely been seen in any show in the world. Stunned and confused, Beneteau got up without protecting himself and was caught in a powerful guillotine choke from Catalfo that ended the match. After he won Catalfo pointed to Beneteau's cornerman, Don Frye, and yelled: "Freak you!" Frye sprinted around the cage, and crashed into the ring where he tried to charge Catalfo before intercepted by the ring bouncers, almost causing a big riot to break out. After Frye was finally restrained, Catalfo left the ring, leaving open the possibility of a future grudge match at KOTC.

The stage was now set for **Eric Pele vs Sean Alvarez**. Alvarez looked sharp and fit, but Pele was just too big for him. To his credit, Alvarez was the only man willing to step up and fight the huge South Pacific Islander, despite giving up over one hundred pounds! The 340-pounder clinched and leaned on Alvarez and made great use of the fence and the clinch to deliver some hard blows to Alvarez. Alvarez hit Pele several times in good exchanges, but the size of Pele reduced the effectiveness of his punches. Against any man even close to his size, Alvarez would have undoubtedly scored a knockout. In the third round, in an open exchange, Pele downed Alvarez with a solid punch followed by a knee to the solar plexus and various punches. Stunned, but still willing to fight, Alvarez was restrained by the referee who then stopped the fight. Alvarez showed heart and skill and was impressive in his will to fight. This should open more doors for him in the future - he would be a very tough match against any fighter in the world close to his weight.

While the 110 pound weight difference between the two fighters made a difference, Pele still seemed to be much-improved. Fighting guru John Lewis has made him a solid striker who uses the cage well. Though drills and other special Lewis-developed dynamic training methods, Pele has become extremely agile for someone of any weight - not to mention a whopping 340 lbs! I believe that the Lewis/Pele combination is going to be a very tough team for anyone to beat - especially if Pele continues to improve as

Continued on page 83

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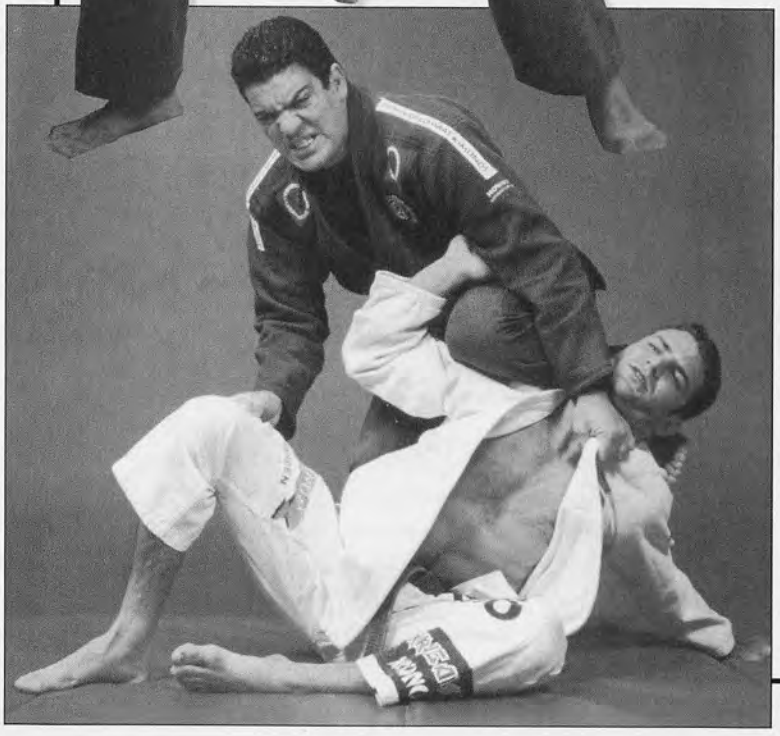

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KOTC 9

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much as he did from his last fight. He has the potential to be the man to beat, not only in the KOTC, but also around the world.

In the heavyweight title match, **Bobby Hoffman** - who gave Pele his only loss in a much earlier pre-Lewis match - simply had too much experience and speed for **Kupihea**. Hoffman's

Eric Pele posts a big win.

punching power and ring experience where quickly evident as he spent most of the fight chasing and punishing the game Kupihea. With the victory Hoffman took the vacant title, setting up a possible rematch with the challenger Pele.

Conclusion

Once again KOTC delivered the goods as the West Coast's premier mixed martial arts event - and one of the best shows anywhere in the U.S. With exciting fighters such as Alvarez, Pele, Beneteau, Catalfo, Foster, Galindo, Hunsaker, and Ritch, KOTC has firepower to spare and is sure to fill up any stadium wherever they go. Upcoming fights will include Tiger White, Charlie Kohler, and perhaps Eddy Millis himself. I can say is, wherever you are, "See you at the next KOTC!"

HOOK N' SHOOT

Continued from page 36

at Clark in the beginning third round. He put LaVerne in his guard and was moving furiously. Clark continued to try and control the pace but Jutaro was able to do what he does best - he wrapped up the triangle. LaVerne fought it off for a bit but Nakao eventually tightened it down and the crowd went nuts as Clark went to sleep.

Match 8
Yves Edwards draws C.J. Fernandez, 5:00 Rd 3

Both men were geared-up for this fight as current HnS middleweight champ Aaron Riley addressed the crowd just moments earlier saying that the winner would get a title shot in August. Both had faced Riley in the past (a draw for C.J. and a

Continued on page 84

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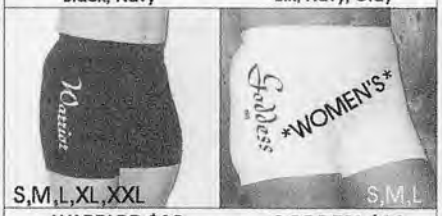

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HOOK N' SHOOT

Continued from page 83

victory for Yves) and Aaron welcomed a bout with either man. As the fighters closed, C.J. used his reach advantage to control the range and rhythm of the stand-up - Yves was hard pressed to get into striking distance. He had to pass through Fernandez's striking range first in order to get close enough to throw his own punches. When he got into range, however, C.J. would wrap Yves around the waist, get the body lock, then heave Edwards to the mat and control the top position. C.J. is a very talented wrestler and Yves could not shake him from the top or find any openings for the submission. This pattern was repeated for the first round and much of the second.

About three minutes into the second round you could see Yves begin to get frustrated as C.J. confounded his normally potent striking attack. He waded-in only to be forced to backpedal out of C.J.'s grasp. As Fernandez gave chase, Edwards landed the single most definitive blow of the match, catching C.J with a solid uppercut that dropped him to his knees. C.J. recovered quickly and grabbed Yves' legs, but referee Sean Brockmole stepped-in to separate the fighters and then gave the C.J. the standing eight-count - much to the chagrin of the fans and C.J.'s corner. However, the match continued and the round ended.

The third round saw Yves go on the attack - but again C.J. controlled the range and tempo with his reach. At one point, Yves threatened with a deep guillotine but Fernandez fought out of it and the fight ended with both men scrapping away. In the end, one referee gave the match to C.J. (29-28) one gave it to Yves (28-29) and the final judge called it a draw (29-29). Both fighters expressed the desire to have a rematch, and Riley awaits in the wings, ready to take on either man.

Yves Edwards eating a C.J. Fernandez jab.

Conclusion

Hook N' Shoot continues to be the show to watch in the Midwest, and is quickly becoming a world-class event as well. With its strong association with Japan's Shooto, which gives it access to a strong international field, HnS looks ready to set the pace for MMA in the central U.S. well into the next century. With shows like "Masters" and fighters like Yves Edwards, C.J. Fernandez, LaVerne Clark, and Aaron Riley, HnS doesn't have to take a backseat to any show, regardless of its size.

Continued from page 53

thing to take a person down and get into position where you have already passed their guard. It's good to teach them to pass the guard during the takedown. I think it's really important to take a person down and already be on the mount or on side control.

Q: Do you feel that you're just getting into your fighting prime?

A: I think so. I'm only 30 and so I think I have a lot of things to look forward to. I feel the best I've ever felt. I think my technique, conditioning, and experience are all reaching new levels together. The puzzle is coming together due to Rico's training. I believe in Rico and I believe in myself, too. I need to be in shape and train hard and just do the best I can. And I know Rico will do the best for me that he can. I'm sure I will fight the best people in the world, and I'm sure I'll beat them.

Q: So you feel the atmosphere at the RAW Gym will help you achieve your goals?

A: The facility's great, and the whole feeling here is positive. I'm proud to be part of the RAW Gym and I know good things will happen here. Things are just beginning for RAW and I have a really good feeling about. Everyone who trains here has a good feeling about it. This is the feel-good gym.

Q: Are you going to stay in the U.S.?

A: Yes. Even without the fighting, I have a Bachelor of Science degree in Physical Education. So I want to stay here for the long term. Right now I have a working visa and I'm trying to extend it and then work on my green card. My family was here with me for five years, and then I sent my son and my wife back. I wanted my son to learn Russian culture because he was forgetting it. He was a small child when he came over here, and I want him to speak different languages and be open-minded

Q: What's the best advice you can give to martial artists?

A: I respect all martial arts. But with mixed martial arts you have to train and cross-train - it's really hard. You can't just focus on one thing. You have to keep an open mind, try to get a balance of skills, and always be humble. Never think you know it all - because if you do someone will teach you in a fight that you know nothing.

Q: Is grappling the most important skill in mixed martial arts?

A: I recommend learning as much as possible. The more you know is better, but I don't want to say that grappling is the best. Wrestling has given me a lot - it gave me the life I have now - but all parts of fighting are important.

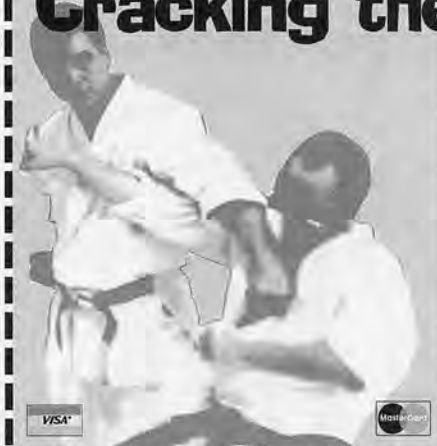
Q: Do you intend to fight all your life?

A: The fighting is great but it can end any day. You never know. You can get injured and then you're done fighting forever in one second. That's why I have my degree and that is why all fighters should also have something else they can do. You have to be able to do different things except fighting because it's not consistent and it's not guaranteed.

Q: What are the strongest assets of a no-rules fighter?

A: Fight like you have nothing to lose. Don't be afraid. Refuse to be intimidated by anyone or anything. Never back down and never give up. Fight until the last second. The main thing is to have a courageous heart. If I have anything, I think I have a good heart.

Cracking the KATA Code



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HCK

Continued from page 31

were under the impression that I wanted to start a business. I just happened to have that loan money, so on a whim I said, "OK, I'll do it."

Then I had second thoughts. So to make it a little bit safe for myself, I got different sizes because I knew that I wouldn't go through 300 uniforms in ten lifetimes, and that maybe I could share them with some of the students at the school. So my original idea was to see how they sold and if they didn't then just chalk it up to experience. So I had very low expectations. But when I brought those uniforms back and the students at the Machado Academy saw them, they went nuts over them. Rigan actually wore one of the first prototypes to the Pan-American Games and won his weight division, and the Absolute, in it. When he came back he told me, "This is the best uniform I've ever worn." The rest is history.

Q: How many years have you been producing uniforms?

A: I sold my very first one on June 18, 1997. At that time, as far as the American companies were concerned, there were only two of us: My competitor brought their product to the market two months before I did. So as far as jiu-jitsu goes we two are the pioneers. Then the HCK fighting shorts and fighting top came about 1998. Ricco Rodriguez, one of Rigan's protegees at the time, competed in the inaugural ADCC. So I made a pair of shorts for him and was one of his early sponsors. So when Ricco won, Rigan decided he wanted to do ADCC, too. He wanted a top as well as a pair of shorts. And that's how I came up with the grappling top.

Q: What materials do you use?

A: The grappling top is made from non-spandex lycra. Anyone can make fabrics, but certain countries make fabric better than everybody else. For example, Rico Chiapparelli is one of the best wrestlers in the world - but there's a lot of wrestlers around. The same thing holds with fabrics. I found out that the best weavers of stretch fabrics are the Italians, and so my grappling tops are made of very expensive non-spandex lycra from Italy.

Q: And what material do you use in the gis from Hong Kong?

A: They're woven cotton - but there's also different degrees of cotton. The cheapest cotton is burlap, and the finest is Egyptian cotton - an Egyptian cotton dress shirt will cost you $400. What I've tried to do is choose the finest woven cotton materials for my uniforms. I pay a little bit extra for the special finish in the cotton that makes it a better fabric. Combing and polishing makes the fabric softer and more comfortable to wear. My uniforms tend to be a little bit thicker than the competition's because I want to make a uniform that lasts. I want a heavy uniform but at the same time I want a uniform that is comfortable and flexible. When a person is wearing it I don't want him to feel like he's wearing a burlap sack.

Q: How did the famous Howard blue gi come about?

A: Once again, pure chance. Back in 1997 when my first batch was made, I heard that all major European competitions were going to require one competitor to wear a white gi and one competitor to wear a blue gi. So I decided to make a blue gi just on the chance that the jiu-jitsu organizations would adopt those same rules. And sure enough, the following year the CBJJ in Brazil accepted blue uniforms for their competition. It was just a hunch on my part.

It's kind of funny, but I feel like I'm what they call "stupid-lucky." Nothing that I ever did in this was pre-planned. I never had this grand idea that I was going to take over the jiu-jitsu uniform world. It was all something that I wanted for myself that kept growing.

Q: What is your goal for the company in the coming years?

A: Right now, I'm working on a pair of fighting gloves for the Pride Fighting Championship. It's not for sure right now, but we've been going back and forth with prototypes and certain colors. They are interested in my gloves and want to make an order. So hopefully by the end of the year you'll be seeing my gloves in Pride.

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WVC XIII

Continued from page 59

every major show in the world, Gholar has never won a major NHB belt. Many of his losses have been the result of bad luck or injuries. Gholar, though, has refused to quit and had repeatedly vowed to keep fighting until he won a no-holds-barred world title.

"I'm a winner, " Gholar said before the fight. "I've won everything I've ever entered. So it bothers me that I've done so well in no-holds-barred but yet don't have a title to show for it. People ask me why I keep fighting - all I can say is that I'm not a quitter. No one fights in four-man tournaments anymore. You look at the UFC and also at Pride and they are all single fights. Man, a single fight for me would be like a vacation. I fought an eight-man tournament in Russia the last time out for Lapenda, and now I'm in a four-man tournament. I don't feel sorry for myself, though, I feel sorry for the guys I'm going face. I've been working on my submissions with Marcos Vinicius and I think I'm going to surprise some people. Bring it on."

Facing Gholar was a new fighting sensation from Rio de Janeiro - **Fabrine Souza** - an excellent purple belt in Brazilian jiu-jitsu under Café' Dantas, who also trains in wrestling. Considered to be more technical than the American, he was also a lot younger than the veteran Gholar, which in the heat was a decided advantage. Most felt that Fabrine would fight Gholar head-to-head in the early going, then wear him down and dominate him later in the fight and end it with a submission.

At the opening of the fight, Fabrine rushed Gholar to try to

Continued on page 89

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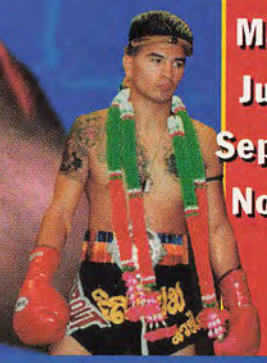

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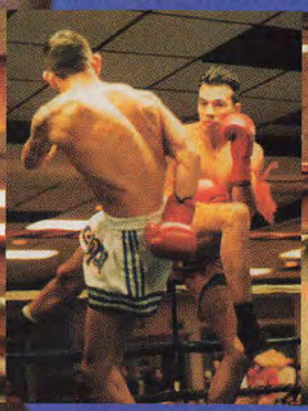

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WVC XIII

Continued from page 87

take him down. Gholar, though, sprawled and defended, trying to apply front guillotine choke. Fabrine defended the choke and they stayed locked for several minutes while Gholar tried unsuccessfully to tighten it. Fabrine finally broke free and started throwing punches and kicks which Gholar exchanged with him, getting the better of the younger man. Fabrine tried to take Gholar down at every opportunity, but the Greco-Roman champion's base was too good and he repeatedly fought Fabrine off and then punished him with blows. At the 12 minute mark, Fabrine shot-in again and Gholar caught him with another front guillotine. Tired and battered, Fabrine was not able to defend the powerful Gholar and tapped to the choke at the 14 minute mark.

This was a great victory for Gholar against a tough opponent, and his pressure was truly outstanding throughout the entire match as he never gave Fabrine a chance to catch his breath. For his part, Fabrine showed great heart and outstanding technique. He proved that he has a great future ahead of him.

The second semifinal of the night featured **Waldir dos Anjos** from the city of Bahia, trained by Edison Carvalho, the infamous Death Master. A great all-around fighter and warrior, Waldir has two black belts in martial arts and is also a brown belt in Brazilian jiu-jitsu. He faced the tough and experienced **Silmar Rodrigues**, another fighter from the city of Natal. This match was one of the best fights in no-holds-barred anywhere in the world this year.

The two began the fight with a strong exchange of punches and kicks, sending the crowd to their feet. Eventually, the two closed and went into a long clinch were they opened cuts on each other with a variety of head butts, elbows, knees, and short punches. Ultimately, Waldir applied a front guillotine choke after spending lots of energy in the clinch. Although he held the choke for several minutes, expending an enormous amount of energy, he was not able to finish the

Continued on page 91

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WVC XIII

Continued from page 89

tough and clever Rodriques, who refused to tap. Getting free, Rodrigues returned to the stand-up game and Waldir was only too happy to oblige, trading kicks and punches and going toe-to-toe. Waldir eventually knocked Rodrigues down but was not able to end the fight. They went back down to the ground and Wildir put Rodrigues inside of his guard. This proved to be a

tactical mistake, however, for instead of dominating from the bottom, Waldir ate a barrage of punches from Rodrigues and tapped in submission after 16 minutes of bloody war.

The Superfight

Carlson Gracie black belt **Mario Sucata**, who has won two Brazilian Vale Tudo Championships, is a tough, experienced fighter. He has faced and beaten such tough opponents as Gary Goodridge, Dan Severn, and Travis Fulton. He faced Florida vale tudo newcomer **Seth Petrucelli**, only 21, a black belt in karate and a wrestling champion. In any event except for a WVC you might think that Sucata would be in for an easy night. Forget about it. Continuing his tradition of finding tough fighters who move into the big time, Lapenda's new WVC star gave Sucata all he could handle and then some in a 25 minute battle that had the fans rushing the cage and shouting wildly to try to help Sucata get the win.

At the beginning of the match, the two exchanged punches. But Petrucelli got the better of the exchanges and stung Sucata several times. Facing the prospect of trying to overcome Petrucelli's superior hand speed, Sucata closed and tried for the take-down. The American, however, used his excellent wrestling skills to sprawl, under-hook, and fight Sucata off, where he was once again forced into the stand-up game. Once there, Petrucelli again landed several quick punches. After several exchanges, Sucata, somewhat dazed, fell to his back to recover and motioned Petrucelli to come down to him to grapple. But Petrucelli, showing patience beyond his years, refused. Circling

Continued on page 93

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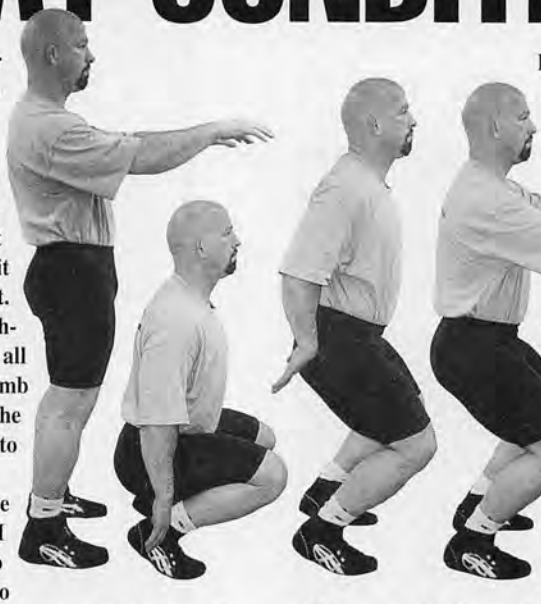

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They master their weight by stretching from all directions and from all angles. Animals also run, jump, climb and wrestle. If an athlete wants to get the most out of himself, it is a good idea to copy the way of the animal.

Don't believe me? I don't blame you. I once believed the same. Then I met Karl Gotch, a 1948 Olympian who is revered as the "God of Pro Wrestling" in Japan. Before Karl taught anyone in Japan a single hold, the athlete had to get in condition. As a result of Karl's training method, he developed athletes that were physically and technically superior to those who used other modern-day methods.

None of the exercises Karl Gotch teaches require weights, yet at 75 years of age he has the strength of a bear. Within 30 days of performing these exercises, I simultaneously increased my strength, flexibility and endurance. This is something that I could not accomplish when I trained with weights. Lifting weights can make you stronger, but the strength is usually not functional. The size of a person's muscles does not mean he can hit harder, faster, or more often.

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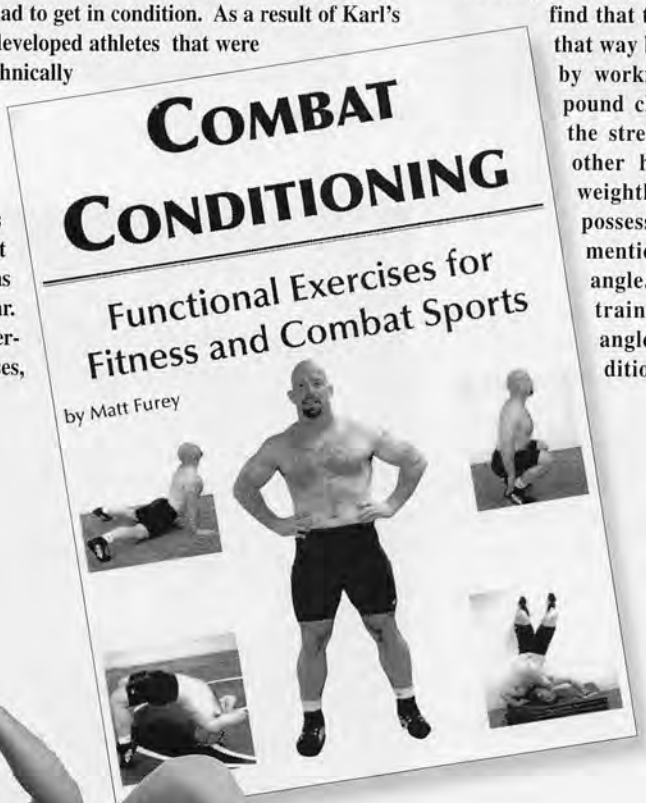

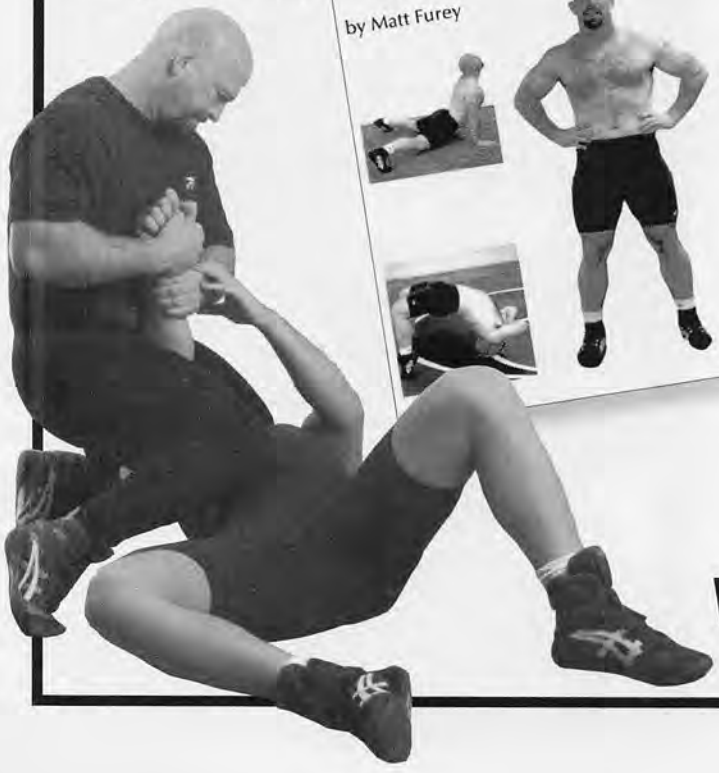

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Continued from page 91

Sucata, he landed repeated kicks to Sucata's legs, hurting the Brazilian and forcing him to come off the ground.

With the fight now going to the 15-minute mark, Petrucelli was showing signs of fatigue, gasping with mouth open and facing Sucata with his hands down at his sides. Still, though, he refused to yield, fighting off Sucata's every takedown attempt - except for one. Finally getting inside the American's striking perimeter, Sucata took him to the ground where he pressured him into the fence and established a strong side control. Petrucelli, though, was far from done. Making a karate ridge-hand, he repeatedly struck the back of Sucata's head, keeping off balance from the bottom and stunning him several times. Sucata, though, would not quit. Showing the patience and skill of a jungle anaconda, he was finally able to slip his leg inside Petrucelli's defense and gain the mount at the 22 minute mark of the match. From that position, Sucata applied a *katagatame* (arm-neck) choke at the 25-minute mark of the fight and was finally able to make Petrucelli tap in submission.

The crowed went wild, as Sucata is a local hero and one of the very few legitimate heavyweights from the north of Brazil. It was a tough, gutty, and skillful victory that will cement Sucata's reputation as a world-class vale tudo fighter. For his part, Petrucelli could not have been more impressive in his Brazilian debut. Has a star been born? Time will tell. But on this night, in taking a legitimate star such as Sucata to such an extreme level of competition, Petrucelli looked every bit an up-and-coming sensation.

Middleweight Championship

The match for the WVC XIII Middleweight Championship pitted Darryl Gholar against Silmar Rodrigues. After his tough match with Waldir, you had to wonder if Rodrigues had anything left. From the beginning, it was obvious that Gholar didn't plan to let the fight go long enough to find out. Coming out hard, he exchanged a series of punches with the Brazilian and rocked him several times. Seeking to escape the hard blows, Rodrigues tried to put Gholar into his guard. Gholar, however, was able to punish him so strongly that he opened a series of cuts above and below his eyes. Bloody and beaten, Rodrigues was unable to offer any defense and the referee stopped the match at around the five minute mark, making Daryl Gholar the WVC XIII Middleweight Champion and earning him his first vale tudo world title.

After the fight was over, when SporTV tried to interview Gholar, he sat down in the ring, took off his wrestling shoes, and sprinted out of the arena, leaving the interviewer with a confused and astonished expression on his face. Later, when asked about the incident, Gholar said, "That's what wrestlers do when the retire - they take off their wrestling shoes and leave them on the mat." When Gholar was asked if he was quitting right after his most impressive victory in years, he replied, "I'm done with four and eight-man tournaments, that's for sure. If

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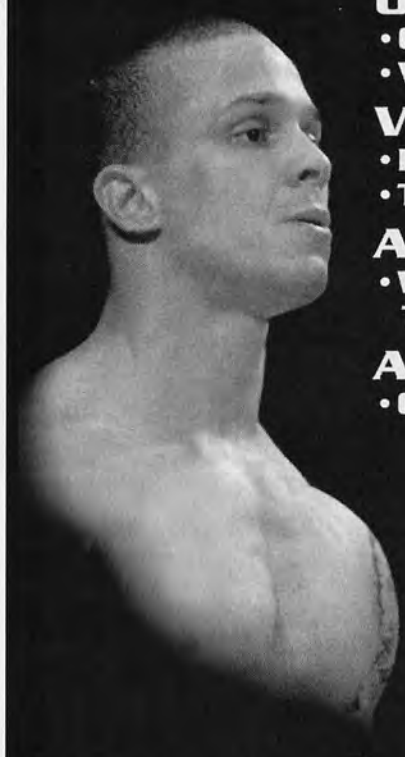

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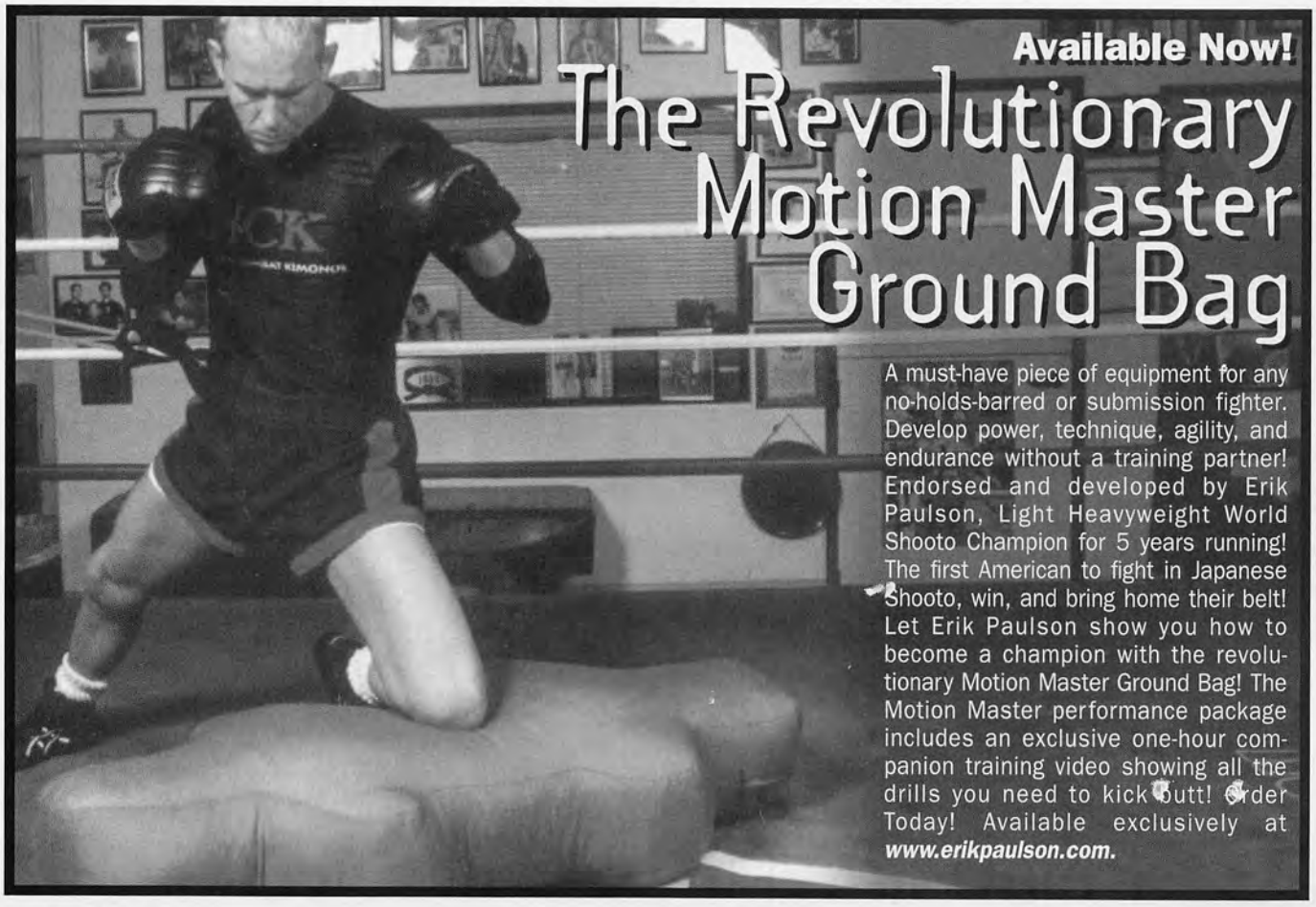

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WVC XIII

Continued from page 93

someone offers me a single superfight for the right money, though, I'm all ears. I'm sure I could find a pair of wrestling shoes somewhere."

Conclusion

This was a typically impressive WVC show. With so many top quality fighters in Brazil - a country that loves jiu-jitsu and vale tudo - there are numerous world-class fighters who without the WVC to showcase their talents, might never be seen. This holds true not only for Brazilian fighters but also for many American, European, and Russian standouts who otherwise might never have a chance to step onto the world stage. With another show coming up in September, the WVC is ready to fill the void of a top quality Brazilian show that was created when - well - the WVC stopped having shows about a year ago. Looking for the next Mark Kerr, the next Igor Vovchanchyn, or the next Vanderlei Silva? Look no further than the next WVC.

If you are a fighter and would like to be considered for participation in a future WVC event email Combattv@aol.com *or call* 310-801-1000.

Cafe Dantas

Continued from page 47

Q: What was your toughest loss?

A: It was with Rodrigo Minatauro in the ADCC challenge, because it was thirty minutes of fighting, and he won by only one advantage. He's a tough, tough fighter. We fought without gi, thirty minutes nonstop. Straight submission fighting. With the gi in jiu-jitsu, the time limit is ten minutes. So to go 30 minutes, that's a big difference.

Q: Does any particular nationality produce better fighters?

A: Yeah, the Americans are very good fighters. Actually, I think the Americans are more prepared. They're better with the diet, they go to the gym more, and they're stronger. The Brazilians rely more on technique, and the Americans are stronger.

Q: What is your regimen before a major fight?

A: I just eat proteins and cut the fat, and no sex for about three days before the fight. I train very hard, but two days before the fight I stop the training and just relax. I run two hours, one day on, one day off, for about one month before the fight. If it's vale tudo competition, I go to the boxing academy and train there two hours a day, twice a week, and I train without the gi five days a week. If the training is for jiu-jitsu, I drop the boxing and keep the gi.

Q: What else do you think will help you to improve your fighting game?

A: Weightlifting. That's it.

Q: You see nothing more to learn in vale tudo or jiu-jitsu?

A: No. Not really. Once you learn a certain amount, then all that is left is to compete. Otherwise you train for nothing. I like how I train and fight, but I would like to be stronger.

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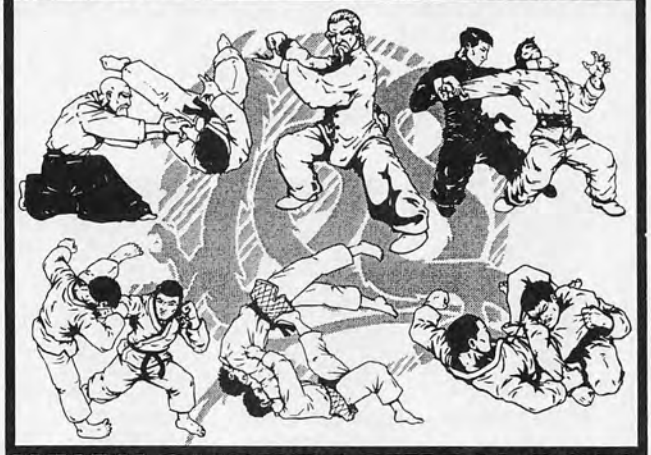

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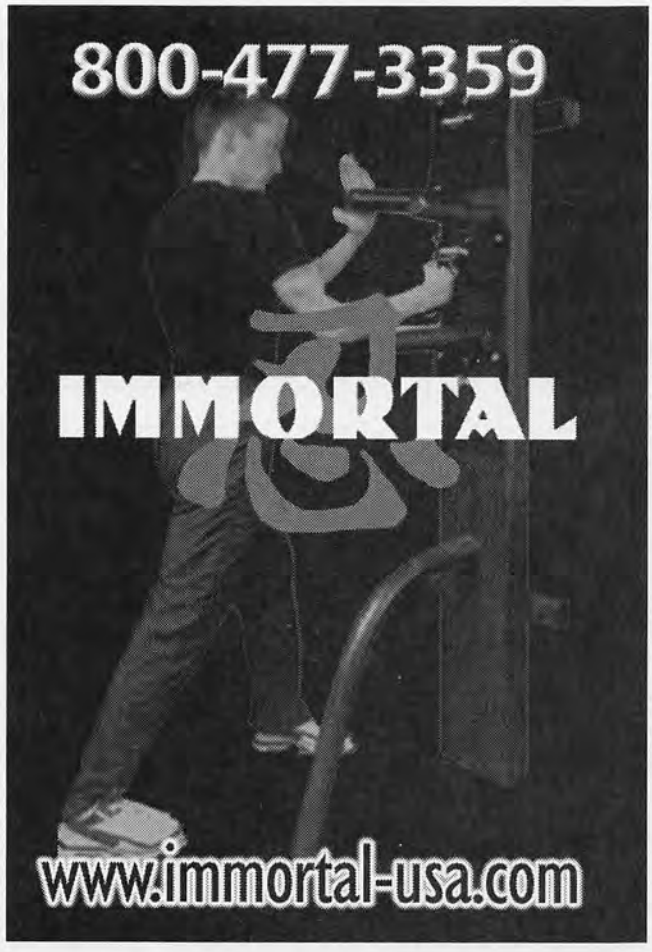

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Cafe Dantas

Continued from page 95

Q: What has your martial arts involvement given you?

A: I feel more comfortable walking the streets at night. I don't fear thieves and robbers. I feel more confident as a person, more comfortable, less stressed. Also fighting gives you a lot of friends; it's like a big family.

Q: Do you have a favorite finishing move?

A: Arm lock and the foot lock. I'm very quick to take these positions, because you can take them with the closed fist.

Q: Many people have said that your fight with Joe Moreira very questionable - that there was no way he could have beaten you. Do you like to talk about that?

A: It's OK. I want to talk about my fight with Joe Moreira, because some people say it was fixed. I fought him in Los Angeles. I was winning the fight when I was disqualified. People said it was fake because he's a forty-year-old guy, and I didn't manage to beat him using my agility or my strength. But he's my close friend, and I just fought him the way I train. I didn't fight with all my strength and all my agility - I wanted to beat him with technique. I got disqualified because I used the technique of slamming him to the ground, which is legal in Brazil, but there is not legal. Without the slam I would have won.

Q: Would you handle that situation differently now?

A: I would do the same thing. But I don't want to do it again.

Q: Is it common to be matched up against friends in competitions?

A: It's pretty common. In vale tudo it's different because it's money; so you fight real, and after the fight you take him for a beer. In jiu-jitsu and submission, there's much less potential to hurt somebody; so it's all in fun.

Q: Any message to jiu-jitsu players in America?

A: Keep your training hard, and give your heart to the fight.

Allan MacDonell is the Editorial Director of Hustler *magazine.*

LARRY HARTSELL

Continued from page 77

and what works for me may not work for someone else because of differences in size, mental attitude, strength, et cetera. You can't teach or train Joe Frazier the same way you train Muhammad Ali. I really believe that you can only guide the student to find the cause of his own ignorance.

Q: That's how Bruce taught?

A: From a philosophical point of view, yes. He always said that a good teacher was a pointer of the truth, not a giver of the truth. So you have to learn and grow to your own truths through your own abilities and understanding. And that's what I'm still doing.

Q: Is it correct to say that you are the leading force in the grappling aspects of Jeet Kune Do?

A: Well, pretty much. Because of my size and background in judo and wrestling I've always felt very comfortable in grap-

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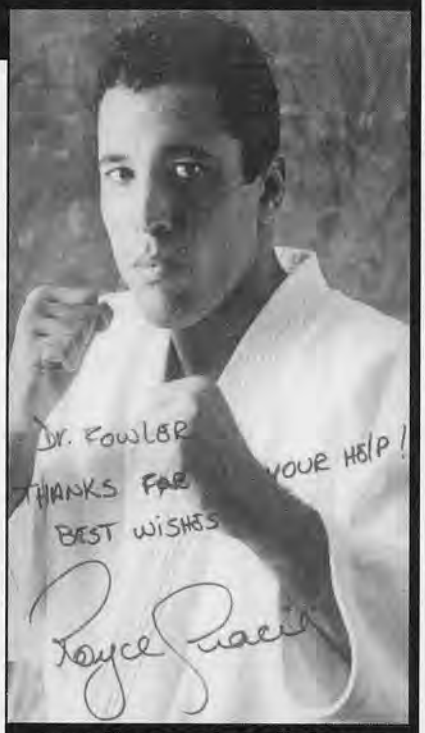

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Continued from page 97

pling. As I said before, I'm a in-fighter.

Q: Was Bruce interested in the grappling aspects of combat?

A: Of course he was! To begin with, he was very good friend with Wally Jay, Gene LeBell and Hayward Nishioka. It's a fact that Bruce learned a lot of grappling from these men. Before his death he had over 33 grappling movements in his Jeet Kune Do.

Q: Can small people grappling effectively?

A: For small people, at first glance, the intelligent thing to do is to stay out of the reach of a bigger opponent. Unfortunately, you don't always get to choose the environment to fight so you may not have that option. If it happens that you end up at close quarters, you'd better know how to grapple. So even if grappling is not your strong point, you'd better know how to deal with it. In order to efficiently deal with something you'd better know it and understand it first. You have to learn how to deal with grappling. I've been preaching this for years and years. Fortunately, in recent years, people have realized how important the grappling aspects of combat are.

Q: How do you train to deal with the environmental factor?

A: You can't always dictate your own environment to fight, so I believe the best way to prepare yourself for that is to study different arts in order to become well-rounded in kicking, punching, trapping, and grappling. I believe a blend is the best option. Any range can be closed very quickly, so you need to know how to adapt. Sometimes grappling is not a good idea. Attempting to wrestle when you're facing more than one opponent, for example, is a very bad idea.

Q: What kind of blend would you suggest for beginners?

A: It's not easy but I guess I would give some basic advice. Muay Thai or savate are very good kickboxing systems. Muay Thai teaches you also how to efficiently use your elbows and knees. Find a good boxing gym to polish your hands and a good

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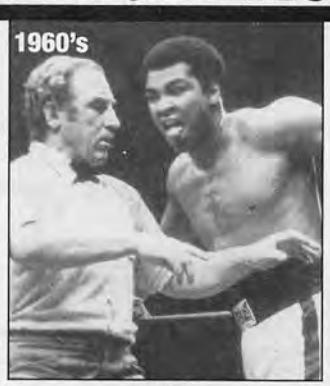

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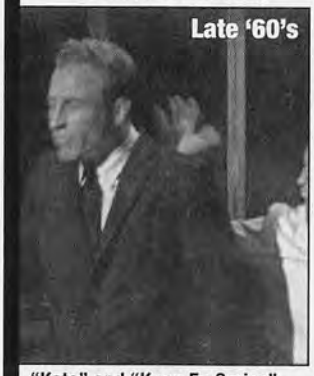

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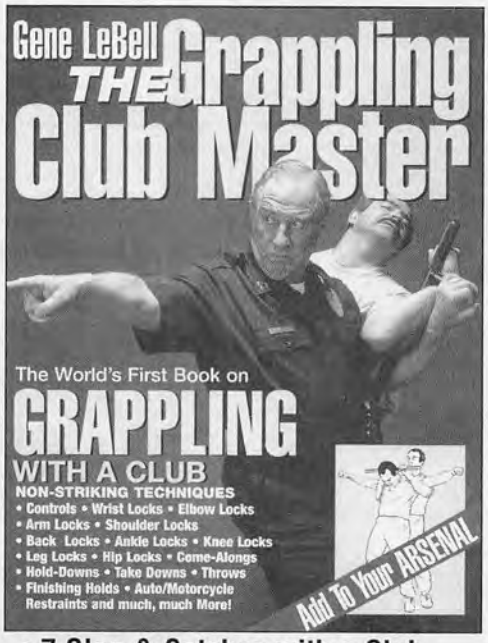
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LARRY HARTSELL

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grappling foundation would be the Brazilian jiu-jitsu system, shoot wrestling, or any solid submission system. Study wing chun for the basic trapping maneuvers and Filipino kali to deal with weaponry. I think this is a very good approach.

Q: How you have been updating your training lately?

A: Well, I keep training with Dan Inosanto as much as I can. I also trained with the late lameco eskrima master Punong Guro Edgar Sulite. As far as my grappling aspects, I continue to train with Yori Nakamura.

Q: What is shootwrestling comprised of?

A: Shootwrestling is a very efficient combination of Russian sambo, judo, Thai boxing, kyokushinkai karate, boxing and wrestling. Carl Gotch incorporated a lot of submission elements together and Satoru Sayama began spreading the art in Japan.

Q: Why do you think grappling was not a major aspect in martial arts until the UFC appeared?

A: Grappling arts were very popular in America's early sporting years. Everything goes full circle, so after a certain period of time emphasizing the stand-up approach, which is very important, events like the Ultimate Fighting Championship restored a truth that has always been there. I would say the Gracies are responsible for that. They proved the grappling arts are necessary and very efficient if you know how to use them. We have to give them a lot of credit for bringing grappling back to the public eye.

Q: What happens if an opponent is very fast on his feet and you can't close the gap and take him down?

A: I would use the attack-by-drawing principle to lure him in. To hit me he has to close the distance, and because I already set-up the area to hit by exposing a particular target, my reaction is pretty much set. I just need the right timing to grab him. It depends on the opponent's way of fighting, but it's very important to understand different tactical and strategic options to make grappling work.

Q: What kind of conditioning training would you recommend?

A: Vince Lombardi once said, "When all else is equal, strength will tell." Physical conditioning is a very important factor in combat. For cardiovascular conditioning you have to run. This is the best exercise. You can also ride a stationary bike and skip rope. For strength you have to train with weights. If you know how to use them, they will be very helpful. They won't slow you down if you keep a regular stretching routine. Then you must have certain specific grappling exercises and drills to develop the necessary qualities required for ground work and wrestling. If you don't have sensitivity to "feel" the right moment for applying a given technique or to flow into the next one, it doesn't matter how many locks or chokes you may know. None of them will work. Once you have all these basic requirements, you have to have the technical knowledge.

Q: How did Bruce Lee help you to study grappling?

A: Bruce always emphasized that each person must research his own truth. Although one can copy the style of Rembrandt, one will not become Rembrandt. The artist must develop his own style and then pattern his strokes after his particular skills, even if he uses the same brush and canvas or base system. Just as a painter can learn from studying a master's style, the martial artist can learn from studying others. However, he should never slavishly copy every move, step, and punch. That's why I've continued to research other martial arts styles.

Q: You don't feel studying other arts dilutes grappling?

A: Not at all. At one time scientists thought the atom was an indivisible unit of matter. Then they learned to split the atom and new theories were born. But they learned to do it by applying existing knowledge. Once the new method showed that pre-existing ideas about the nature of the universe were incomplete, the same method provided them with an orderly way to better understand the "new" truth. Of course, the truth was always the same but it was an incomplete

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LARRY HARTSELL

Continued from page 101

understanding that created that illusion that was later disproved. I haven't disregarded the original material taught by Bruce Lee; I still teach it and believe in it. Bruce's techniques form the nucleus or the foundation upon which we can build.

Q: How do you remember Bruce Lee?

A: It was a real shock when he died. I still love him and miss him very much and I try to follow his teachings. His message was to express yourself, and be able to move comfortable at any distance. In martial arts as well as in life, his legacy is to go beyond the concept of limited range or negative personal self-perception and use whatever is given to you to excel.

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VITOR BELFORT

Continued from page 73

With him I do specific training for fighting. We don't just lift weights, for example, we do specific types of training that works individual motions that you would use in the ring. He was a black belt in jiu-jitsu, then he got degrees in physical training - so he really understands the fight game and what fighters need.

Q: Do you follow a special diet?

A: My dietician is Ronald McDonald and I specialize in his food. I try to eat healthy but I do eat my junk food, too. I'm young so I don't worry about that so much. A lot of the fighters are older than me and so they worry about their diet because they need every advantage. When I'm older I will probably start to worry about it. I'm a regular person so I eat normal. The only thing I avoid is a lot of sugar and a lot of fat. I don't take a lot of supplements. Because I have a strong body a lot of people assume that I lift weights. But I don't lift anymore than I do anything else. I just try to train what I need to be a good fighter, not just to look good.

Q: Do you think the sport of NHB can grow?

A: I think it can as long a people work together. If everybody does a little bit to help and to bring the sport up, the sport is going to be the biggest thing in the world. Like the movie *Gladiator*. We *are* the real gladiators of the modern world. We have to let people know that this sports exists. You have to be in the market and show yourselves. I just did a series of tapes with Panther that I think will be very good. They are about vale tudo fighting and they really show my philosophy of fighting and training - and all my tricks. Anyone who has liked the way I fight will like the tapes. I made them about vale tudo because that is what people like to see. Submission is fun but you never see it on pay-per-view. Vale tudo is what people like to see.

Q: Which fighters do you like to watch?

A: I like to watch Igor Vovchanchyn, Gilbert Yvel, Sakuraba, Vanderlei Silva, Tito Ortiz, Frank Shamrock, Coleman, Renzo Gracie, Pedro Rizzo - I like a lot of fighters. I'm a fan of the sport as well as someone who competes. They are all so good. When I was a kid growing up I really liked Liborio, and Murillo and a lot of people I used to train with who were black belts when I was not. I still like them a lot. When I was a kid I saw them as an inspiration. And not just them. I liked Rickson Gracie at that time, who was training and fighting a lot. Everyone looked up to him. I learned a lot from watching all the top fighters. Royce, of course, was a big inspiration when the UFC first started. For me, Renzo is the best Gracie who is fighting right now. He always fights the tough guys - the top guys - and he doesn't care who he fights. He'll fight anyone. I really like him. He doesn't lie about his record and he doesn't make excuses when he loses. He just does his thing like everyone else.

Q: Did you feel a little like a Gracie, from being with Carlson so long?

A: Of course, a little. I was training with him before vale tudo really took off. But I think the mentality of some of the Gracie family is wrong. Some don't like to show all the techniques, they don't like you to train hard with them, they don't

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VITOR BELFORT

Continued from page 103

want you to train with anyone else or they'll kick you out of their school - that is not right. Jiu-jitsu should be shared not hidden. Otherwise how can it improve? Just because someone is from another school, why is it wrong to train with them? So what if he is a wrestler or a sambo player and you are a guy who does jiu-jitsu. So what? Let's train hard, fight hard, and let the best guy win. Afterwards, lets have a drink. They are my opponents, not my enemies. I like that they are good because they give me someone to fight who helps me to make money. They let me enjoy my life. I have to love my opponent for what he does for me. They support my family and my needs. I want to win but I don't want to hurt anyone.

Q: Is it difficult to live up to your reputation?

A: I know people expect me to get a 10 second knockout every time I fight, but I try not to think about that. Everybody has an ego but I don't like to think that I'm great or wonderful or unbeatable. I like to remind myself that I'm just beginning - that I'm just a kid, really, and that I have a lot to learn still. I try to think of myself as a regular person and to live like one. I don't want to believe my own press, you know? I have a lot to prove yet. I want to fight and to not be part of the hype about myself. I'll leave that to other people - to the promoters and the writers. I'm just a guy who wants to live simply, enjoy life, and prove I can do good.

Q: Where would you like to be in five years?

A: In five years I would like to be regarded as someone who increased his learning in life and helped others to realize they could also achieve their goals. I think that we're here in life to learn. We learn until the day that we go out of this planet and move on. I want to enjoy and learn and I want people to look at me and say, "That guy, you know, he was a great fighter and also a great person." You don't need to be rich or famous to live good, you know. Sometimes the rich live worse than the poor. If you're rich inside with

"Jiu-jitsu should be shared not hidden. Otherwise how can it improve? Just because someone is from another school, why is it wrong to train with them? So what if he is a wrestler or a sambo player and you are a guy who does jiu-jitsu. So what?"

family and friends then it doesn't matter how much money you have. I want to help people in ways that money cannot buy. Maybe by seeing what I do, they can see that they can achieve their goals also. I just want to live a good life.

JOE HURLEY

Continued from page 42

in the ring. Yet Hurley takes his dedication to the sport one step further. He's obsessed with submission fighting. "I'll do it until the day I die," he swears. Before he stops fighting, however, Hurley plans to cash in on the big money he predicts will soon permeate the sport. Far from being the mixed fighting's highest-paid competitor, he hopes that will change. "I'm waiting for the money to hit the sport," he says with relish. "It already has to some degree. A few of my buddies are making more money in it than ever, so I'm waiting for my turn." Meanwhile, Hurley continues to train hard, plan his career carefully and expect the best. Still waiting for his next fight to be scheduled, he claims, in classic mixed-fighting bravado, that he'll take on anyone who's close to him in body weight. "Actually, I don't think anyone really wants to fight me," Hurley says. "Even if someone defeats me, I will have abused him quite a bit in the process. People know I'm a pounder, so they know it's coming. They just don't know how badly. And what they don't know will hurt them."

Loren Franck, a frequent contributor to Grappling, *is a Los Angeles-based writer, researcher and martial artist.*

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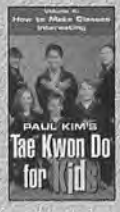

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In this one-of-a-kind tape, Walter reveals his training secrets and some of his best street techniques. Walter and his personal trainer take you into the gym, and show you how to use "The Sleeper Machine" and the unique training exercises designed by and for Walter to build lightning strength and speed. Then it's outside for conditioning. And, finally, how to use one of the world's most effective martial arts to defend yourself and others!
#CMT03 • $39.95 • 47 min.

COMBAT WING CHUN

WITH ALAN LAMB

Wing Chun is one of the most mysterious and effective forms of Kung-Fu ever developed. It's unique training exercises and principles give the practitioner the ability to often overcome larger and stronger opponents, as well as "first strike" speed. Alan Lamb, a Hong Kong trained instructor of Wing Chun with over 30 years of experience now brings this unique system into the 21st century.

Tape 1: Wing Chun vs. The Street Fighter
Alan Lamb teaches how to use the principles of Wing Chun against the unpredictable. Learn how to deal with literally every form of attack from the "sucker punch" to the "flurry" to the "tackle."
#CWC01 • $39.95 • 41 min.

Tape 2: Wing Chun vs. The Martial Artist
In today's society, it is very likely that an attacker may have some form of martial arts training. In this tape, Alan Lamb teaches how to defend against a trained attacker, and utilize the principles of Wing Chun to defeat and completely neutralize the attacker's techniques.
#CWC02 • $39.95 • 44 min.

Tape 3: Overcome a Larger, Stronger, Opponent

Alan Lamb reveals the strategies used in Wing Chun to overcome a larger opponent, as well as multiple attackers. As evidence of the unique training drills of Wing Chun, Alan has included, in this tape, and incredible demonstration of blindfolded Chi Sao (sticky hands).
#CWC03 • $39.95 • 61 min.

TIM CONNOLLY'S GOLD MEDAL TAE KWON DO

FEATURING TIM CONNOLLY

Tim Connolly is one of the most renowned Tae Kwon Do instructors in the world. In addition to being a world champion in his own right, Tim is currently a member of the Olympic Committee.
Now Tim shares his fundamental principles of winning Tae Kwon Do with you. Tim reveals the secrets he used to turn the untrained Chinese athletes into world class competitors. Is there a Gold Medal in your future?

Tape 1: Mastering the Basics

In this tape, Tim Connolly reveals all the basics needed to build a strong foundation, such as kicks, strikes, and basic motion. Through step-by-step, instruction, Tim shows you how to fine tune your moves.
#GTKD01 • $39.95 • 54 min.

Tape 2: Developing your Tools

In this tape, Tim continues to develop your basic skills. He instructs you in the all-important fundamentals of timing, distancing and reveals his arsenal of effective drills for developing these skills.
#GTKD02 • $39.95 • 55 min.

Tape 3: Intermediate Drills

Tim Connolly brings you a series of drills designed to further enhance your skills. He then takes you into specific situations and teaches you how to identify and anticipate various forms of attack and defense.
#GTKD03 • $39.95 • 45 min.

Tape 4: Sparring Techniques and Strategies

"Controlling the game." Tim reveals his winning approach to sparring. He teaches how to maintain control of the match, and instantly read your opponent's intent. A MUST for any serious competitor!
#GTKD04 • $39.95 • 54 min.

Tape 5: More Advanced Sparring Strategies:

Tim progresses into more advanced strategies, including how to recognize and overcome your opponent's strategy.
#GTKD05 • $39.95 • 45min.

Tape 6: Advanced Kicking Drills

An amazing series of kicking drills which can be practiced by beginners, but will be a challenge even for the advanced. Tim and his team of world champion black belts reveal their own unique personal drills, and how YOU can follow in their footsteps.
#GTKD0 • $39.95 • 51 min.

KALI ILUSTRISIMO

FEATURING CHRISTOPHER RICKETTS

Kali Ilustrisimo is a highly effective system of Filipino martial arts. Presented by the First Generation Senior Students of the art, this unique style is demonstrated and explained in detail by Senior Instructors Christopher Ricketts and Rey Galang. The Kali Ilustrisimo videotape series finally makes public the much sought after and respected art of the late Grandmaster Anotonio "Tatang" Ilustrisimo.

Tape 1: The Foundation

Volume 1 covers the basic strikes, stances, footwork and techniques of Kali Ilustrisimo. This tape covers the secrets and techniques of Bagsak, Lastiko, De Cuerdas, Patapyas and many others.
#KALL01 • $39.95 • 33 min.

Tape 2: Drills and Blocks

Volume 2 demonstrates the drills and blocks of the art. Presented are the techniques of Estrella, Media Fraile, Pluma, Cadena Real, and others. This tape also includes disarming techniques. Master Galang demonstrates and explains the fundamental double stick drills and techniques.
#KALL02 • $39.95 • 40 min.

Tape 3: Flowing Drill and Fighting Grips

Volume 3 presents in detail the highly effective signature flow drill (cuatro cantos) of Kali Ilustrisimo. Discover the unique training methods and techniques that made Kali Ilustrisimo a much sought-after and respected art.
#KALL03 • $39.95 • 38 min.

Tape 4: Espada y Daga

Volume 4 presents the art of Espada y Daga, as practiced and taught in Kali Ilustrisimo. Master Ricketts demonstrates the art of Dos Manos as well as numerous techniques of knife defense.
Master Rey Galang unveils Tulisan, the knife fighting art of Kali Ilustrisimo. This tape also includes a demonstration of the execution and application of the Tulisan knife forms Alas and Lengua de Fuego.
#KALL04 • $39.95 • 45 min.

GRANDMASTER LEE KAM WING'S NORTHERN MANTIS KUNG-FU

FEATURING LEE KAM WING

As legend has it, a well known fighter was badly defeated. While on the ground, recovering from his wounds, he witnesses the motions of a praying mantis stalking and capturing its food. He studied the motions of this unique insect for many years, duplicating the speed, stealth and timing. Ultimately, he created a system which is said to have made him unbeatable.

Tape 1: Beginning Crushing Step

This tape reveals the "Crushing Step" (Bombo) form of Mantis Kung-Fu. Grandmaster Wing takes the student through all of the moves from several different angles, then explains all of the various applications.
#MANT01 • $39.95 • 47 min.

Tape 2: Intermediate Big Wheel Fist

The Big Wheel Fist form (Dan Fa Che)is shown from various angles, giving the student a clear view of every move. Plus step-by-step instruction in the deceptive footwork and body positioning, and lightning fast strikes of Dan Fa Che.
#MANT02 • $39.95 • 51 min.

Tape 3: Advanced Peach Flower Fist

In this tape, Grandmaster Wing's top students first perform the two-man set, then demonstrate the applications of this unique form. Step-by-step instruction in timing, sweeps, strikes, feints, evasions and other attributes.
#MANT03 • $39.95 • 52 min.

MONKEY KUNG-FU

FEATURING PAULIE ZINK

Master Paulie Zink is one of the Western world's leading instructors of this unusual Chinese martial art. Now, the "Monkey King of America" brings the art of Tai Shing Pek Kwar to the public in this one-of-a-kind series of home videos. Master Zink demonstrates the fundamental, intermediate, and advanced techniques of one of China's rarest and most effective fighting systems.

Volume 1: Monkey Kung-Fu Staff

In this dynamic tape, America's Monkey King teaches the numerous aspects and training methods of the Tai Shing Pek Kwar staff form. You will learn how to hold the staff properly, numerous staff exercises, self-defense applications, and finally, the complete Pek Kwar staff form.
#MON01 • $39.95 • 35 min.

Volume 2: Fundamentals and Advanced Training

In this volume, Master Zink provides a detailed breakdown of both the basic and advanced techniques, movements, stances and exercises of both Tai Shing (Monkey) and Pek Kwar (Ax Fist) Kung-Fu. This series of movements must be mastered before the student can perform the complete Monkey art.
#MON02 • $39.95 •53 min.

Volume 3: Forms and Applications: Mi Chung

Mi Chung, known as the "duck" and "drake" form, is an intricate Pek Kwar form that demonstrates both long-range and short-range strikes and movements. Master Zink explains the techniques of this form, which was originally developed by Monkey Grandmaster Ken Tak Hoi.
#MON03 • $39.95 • 37 min.

Volume 4: Forms and Applications: Small Plum Blossom

Small Plum Blossom is an advanced Pek Kwar form, invented by Pek Kwar founder Ma Chai Ho. This form provides a combination of both short arm and long arm strikes and kicks.
#MON04 • $39.95 • 37 min.

Volume 5: Forms and Applications: Leg Sweeping Form

Leg flexibility and movements are featured in Monkey Kung-Fu's leg sweeping form.
#MON05 • $39.95 • 33 min.

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Volume 6: Forms and Applications: Tei Tong

The Tei Tong (great earth) form is a must for serious Monkey kung-fu students. This "ground rolling" form is a prerequisite for learning the movements used in Monkey kung-fu, and is filled with ground rolling techniques and low postures.
#MON06 • $39.95 • 36 min.

Volume 7: Fundamentals of Taoist Yoga

Taoist Yoga is an integral part of the Monkey style. Master Zink demonstrates a variety of flexibility training and internal breathing exercises. You will also learn a variety of sitting, walking and breathing exercises, and the Five Transforming Energies.
#MON07 • $39.95 • 57 min.

ESSENCE OF NGO CHO KUN

FEATURING ALEX CO

Ngo Cho Kun (five ancestor fist kung-fu) originated in the late 1800s in Fujian province, China. It was the brainchild of an accomplished martial artist named Chua Giok Beng. Always looking for the most efficient techniques to combine into the perfect fighting art, Beng finally settled on the techniques of five famous Chinese martial arts: Peho (Fujian white crane), Kao Kun (monkey boxing), Tai Cho (grand ancestor boxing), Lohan (internal Buddhist boxing), and Tat Chun (Damo's iron-body training).

Volume 1: Sam Chien and Li Sip Kun

This tape includes: History and development • Three basic stances and five basic footwork movements • Demonstration and classification of the long and short, single- and double-hand techniques • The opening and closing sets of all Ngo Cho Kun empty-hand forms • Breakdown and demonstration of the Sam Chien ("Three Wars") form and Li Sip Kun ("20 Punches") forms
#NGO01 • $39.95 • 49 min.

Volume 2: Tien Te Lin Chien and Sang Sau Kun

This tape includes: • Intermediate stances and footwork • Breakdown and demonstration of the Tien Te Lin Chien ("Heaven, Earth, and Man Tension") and Sang Sau Kun (Double Roundhouse Fist") empty-hand forms.
#NGO02 • 49 min.

Volume 3: Pieng Me Chien and Se Mun Pa Kat

This tape includes: • Intermediate stances and footwork • Breakdown and demonstration of the Pieng Me Chien ("Even Stance Tension") and Se Mun Pa Kat ("Hitting the Four Directions") empty-hand forms.
#NGO03 • $39.95 • 41 min.

Volume 4: Hong Be Chien and Se Mun Kua Sau

This tape includes: • Advanced stances and footwork • Breakdown and demonstration of the Hong Be Chien ("Phoenix Tail Tension") and Se Mun Kua Sau ("Sweeping the Four Directions") empty-hand forms.
#NGO04 • $39.95 • 51 min.

PAI LUM TAO

FEATURING GRANDMASTER GLENN C. WILSON

Grandmaster Glenn C. Wilson is a direct disciple of the late legendary Great Grandmaster Dr. Daniel Kane Pai. He will walk you through the traditional movements of this most fascinating style—Pai Lum Tao. Walk down the path of a Pai Lum Warrior as you learn the virtues of the system three disciplines of Pai Te Lung Chuan Kung Fu, Bok Leen Pai Kenpo and the Pai Yung Internal art of Kuan Yin Chi Kung.

Pai Lum Tao's Ling Wood Chuan Form - Kung Fu

Ling Wood Chuan is Pai Lum Tao's "Fast and Accurate Fist Form" and is a long range form found in the basic curriculum of Pai Lum Tao's Kung Fu discipline. This Form will develop intricate footwork, coupled with powerful crushing fist and slicing blade hands. From it's flexible snake movements to it's disciplined one leg crane, the stances of Ling Wood Chuan will enhance and build a stronger foundation.
#PAI01 • $39.95 • 56 min.

Pai Lum Tao's Ghost Fist Techniques - Kung Fu, Intermediate Level

One of the most fascinating aspects of marital arts is the practice of the Ghost Fist Techniques. Learn to float past an attacker where they become the prey and you transform into the predator. This effortless swirl of energy, which explodes into the attacker, is found in the intermediate and advanced training of Pai Lum Tao's Kung Fu discipline of Pai Te Lung Chuan.
#PAI02 • $39.95 • 58 min.

Pai Lum Tao's Short Tiger Form - Kenpo

The "short hand" training of Pai Lum Tao is the discipline of Bok Leen Pai Kenpo. This Kenpo training begins with Short Form of the Tiger and Movements of the Tiger. Here both forms have been run together to teach the very power of Pai Lum Tao.
#PAI03 • $39.95 • 52 min.

Pai Lum Tao's Kuan Yin Form - Chi Kung

These ancient breathing patterns are found at the very nucleus of Pai Lum Tao's internal discipline of Pai Yung - Kuan Yin Chi Kung. Stress is cast out while one develops deeper breathing motions, which create more energy balanced with a state of calmness.
#PAI04 • $39.95 • 56 min.

SAGASA - FILIPINO UNARMED COMBAT

FEATURING CHRISTOPHER RICKETTS

Sagasa Karate/Kickboxing is a Filipino system of unarmed combat based on the principles and concepts originated by Dr. Guillermo Lengson of the Karate Federation of the Philippines (KAFEPHIL). Bakbakan International's Chief Instructor Master Christopher Ricketts presents the art of Sagasa assisted by Bakbakan Seniors Rey Galang and Eugene Pelegrin.

Volume 1: Basic Stances, Kicking Drills and Series Principles

Volume 1 introduces the concept of Series; a groundbreaking training method that has made Bakbakan fighters a force in both point and contact sparring. Learn the basic stances, their applications, and integration. This tape also includes Bakbakan's kicking drills and the foundations and fundamentals of the dodging drills. The quintessential Sagasa Series 3 and 4 are presented in detail.
#FIL01 • $39.95 • 42 min.

Volume 2: Series Principles and Training Methods

The strategy and concept of straight dodging as well as the scissors drills are discussed in detail. Volume 2 includes the Crane Attack and Series 5 and 6. Master Ricketts discusses and demonstrates boxing fundamentals and the principles of power and speed training.
#FIL02 • $39.95 • 36 min.

SECRETS OF 7 STAR PRAYING MANTIS

FEATURING ALEX CO

Constructed of eighteen different styles, the praying mantis system of kung-fu is one of the most popular in China today.

Volume 1 : Shi Pa Shou Form and Application

Included in this tape is: • An introduction and history of 7 Star Praying Mantis • Basic stances • Explaining misconceptions about the mantis hand and proper hook positions and their uses. • Introduction to basic punching techniques • Introduction to basic kicking techniques • Demonstration of the complete Shi Pa Shou ("Eighteen Elders") empty-hand form
#7STR01 • $39.95 • 46 min.

Volume 2 : Mei Hua Chien Form and Applications

Included in this tape is: Advanced empty-hand palm strikes • Advanced mantis hook strikes • Advanced punches • Advanced kicks • The complete Mei Hua Chien empty-hand form • Fighting applications of the Plum Flower Fist
#7STR02 • $39.95 • 52 min.

CATCH OF THE DAY

Continued from page 8

Poland that I used to watch with Mike Johnson, my roommate at the time. One day, when Mike threw his opponent in practice with a Greco-Roman head-lock, Gable, who was typically reticent, ran across the mat and said to him, "You learned that move from the Polish tapes, didn't you?" Mike nodded. Another time, after watching a video of Lou Banach, a 1984 Olympic gold medalist, using a laced-leg throw to toss and pin Steve "Dr. Death" Williams in an Oklahoma vs. Iowa dual meet, I executed the same throw in practice. Gable's eyes grew to twice their size and he said, "Furey, where in the hell did you learn that move?" I nonchalantly replied, "Saw Lou Banach do it on video." He laughed and repeated what I said to the other coaches. Never stop learning. Never stop training.

Karl Gotch once told me, "Twenty years from now, the other guys out there, the ones who think they know it all - they'll be twice as dumb as they are now. And in two years you'll know twenty times more than you know now. But guess what? You still won't know much because that's how much there is to learn. Never stop learning. Once you do, you're dead."

If you want to succeed in life remember to never stop learning and never stop training. That's a motto worthy of all grapplers.

Matt Furey is the author of Combat Conditioning *and* Combat Abs. *They are available for $29.95 each plus $5 S&H each. Call 813 994 8267 to order, or visit at* www.mattfurey.com

DAMAGE, INK

Continued from page 16

and go to the mat. The sandbag cardio paid off and once I know that I'm not going to gas out I start to stop worrying and pay attention to the fight. Trigg goes to a mount and tries a few key locks, which I slip. The fact that I slip them causes him to make a minute adjustment in fighting style. So minute, in fact, that I'm worried again because it's clear to me that he's moving beyond trying to muscle me around and is now getting down to business. The business that involves cutting off my access to the floor.

He's riding me into the corner where the floor meets the wall and I'm bridging like a maniac to get out before I'm wedged like a friggin' piece of cheese into the corner. I'm bridging him into the wall and he switches directions and moves me back into the middle of the floor. He's hanging back and I'm shrimping from side to side, trying to create room and squeeze out of what I call "the wrestler's waiting room." I note the time: I've been alive out there for six minutes. And then it happens.

When reaching up with my right arm to try to post it around his back I note that it's wedged against my face. Biceps can be your friend or they can be an enemy to be feared - and as I struggle against my own arm, Trigg twists the tourniquet and from my days in wrestling I remember something that I promised to never forget: NEVER get caught here. I wait for the dancing spots that signal imminent Lights Out and when they arrive, I tap with my free left hand. Jay-zus H. Cheerist. Loser and still champion.

I shake hands with Trigg. Interview him about his future plans (they include, not-so-surprisingly, elective politics) and tell him something I'm sure he knows. "You're a great damn fighter." Indeed.

AGAINST THE FENCE

Continued from page 22

limiting your training to a number of basic moves, reaction times for other attacks and defenses will also improve. Once you feel your speed improving then you can extend your training to include more attention to the subtleties of different techniques if you wish.

However, do not think that a much-admired master is necessarily stupid and limited because he has spent 10 years repeating only a low roundhouse kick to the leg and a cross to the opponent's face. Rather you should think the opposite. Many experts concentrate on developing a limited number of techniques because they realize that in this way, the speed,

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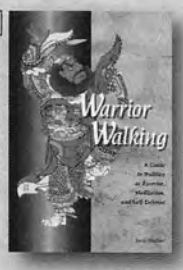

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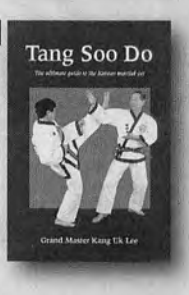

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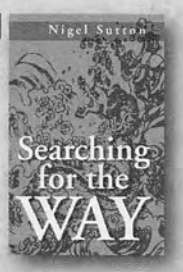

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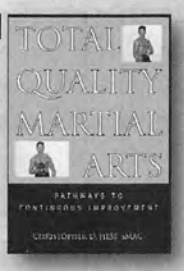

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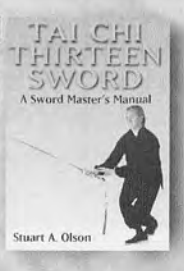

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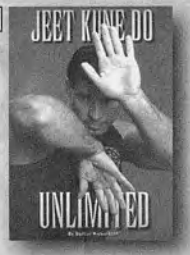

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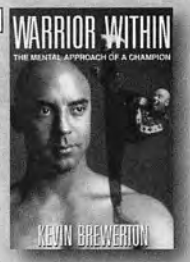

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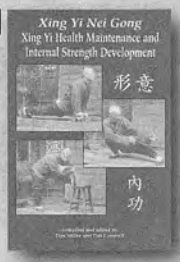

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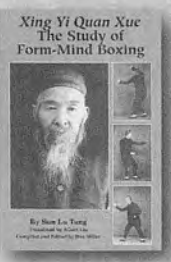

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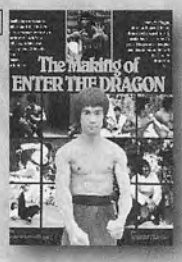

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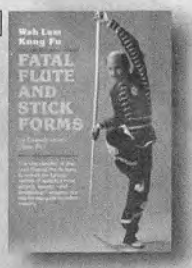

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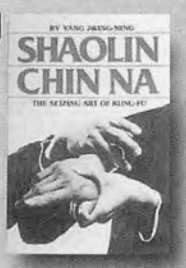

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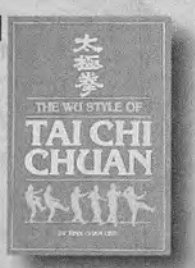

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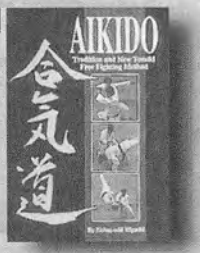

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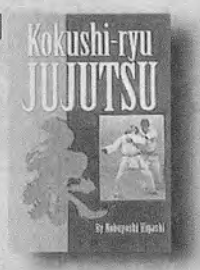

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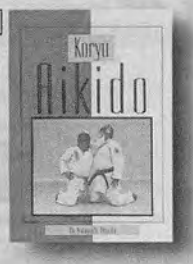

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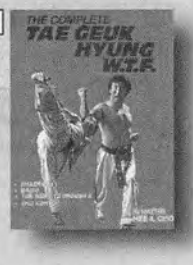

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AGAINST THE FENCE

Continued from page 109

with which they can perform these techniques, increases more rapidly.

One of the factors that affects reaction time is ANTICIPATION. If you are PRIMED for a particular response, then the reaction time is quicker. Thus while training basic movements, your reaction times will initially be quicker because you are expecting to have to respond in a certain manner. It is therefore important to test both reaction times and speed of movement in a "live" situation such as freestyle sparring. A good way of monitoring your improvement, in terms of reaction time, is to visit clubs other than your own and train with strangers. An inevitable consequence of training with the same people is that you learn their style and anticipate their movements. Every fighter has his favorite technique. Occasionally visiting other clubs will be a truer test of your skill and help you assess your improvement as well as bringing you into contact with more martial artists.

EDITOR"S NOTE

Continued from page 4

to just about every business rule. They didn't seem to realize that martial arts fighting is looked upon by fans as more of a religion than a sport. By chasing glitzier audiences and throwing large amounts of money towards private jets, overpaid spokesmodels, and self-indulgent parties, they angered and alienated the grassroots fan base, and interest soon waned. The soul, personality, and martial arts mystique of the sport was lost - and with it the fans.

"They didn't seem to realize that martial arts fighting is looked upon by fans as more of a religion than a sport."

The last thing in the world we want to see is for the UFC to lose the interest and support of the community who keep MMA alive. A banner on an MMA fan site might cost all of a few hundred dollars a month - but would go a long way towards making them feel like they are part of a movement, not a forgotten relic, and might keep them operating it. It would also continue to interest existing fans and bring in new ones. Furthermore, bypassing managers and promoters of smaller shows and upcoming fighters is a serious mistake. It will only have the end result of driving them all out of the sport - who then will be left to groom and develop new talent? Instead, the UFC would be better served to work with and give support to the small managers and promoters who drive this sport.

American business has always been about competition - and about driving the other guy out of it. Unfortunately, in the past, corporate promoters and sponsors have invariably destroyed promising grassroots martial sports by trying to crush their competition and control the competitors. In they end, they only crushed the sport and destroyed themselves. Right now, the new UFC seems to own the goose that lays the golden egg. Let's just hope they don't kill it and barbecue it for lunch.

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Tien Gunn, meaning 'celestial stem' is an ancient series of exercises for health and self-defense. The human body or 'celestial stem' becomes strong and flexible, the circulation of chi and blood is increased, and a powerful root connection to the earth is established. In tape one you'll learn the first ten exercises such as the sword hand, the transverse palm and direct clamping.
TGN1 • $39.95 • 50 min.

Part 2
In this tape you'll learn the last 16 exercises such as the crane's beak blocking, pheonix fist and the spear hand. Practice these exercises for health and self-defense.
TGN2 • $39.95 • 50 min.

8 SECTION BROCADE
FEATURING JAMES MCNEIL

This is a very ancient exercise of washing the inner body. The name refers to the circulation of Chi through the complex network of meridians within the body. When these meridians are obstructed and the chi cannot flow freely the body is affected and sickness may occur. These exercises are designed to remove these obstructions and keep the inner organs in balance and harmony .
8SBRO • $39.95 • 50 min.

ESPADA Y DAGA
Sword and Dagger Combinations
FEATURING EDGAR G. SULITE

In this tape Edgar introduces the material you've all been asking for. Through a progressive series of twenty training drills, you'll gain a good understanding of the use of the sword and dagger and how it's concepts applies to any range of fighting. WARNING: Weapons training is extremely dangerous and caution is advised when attempting any of the techniques shown in this video. Always practice with approved safety training knives and sticks.
ESP01 • $39.95 • 55 min.

THE FLOW OF FILIPINO KALI EMPTY HANDS
FEATURING STEVE GRODY

Part 1
In this tape, Grody teaches a comprehensive series of counterattacks directed at the sensitive areas of the opponent's attacking punch or kick.
FKALI01 • $39.95 • 45 min.

Part 2
In this tape, Grody teaches Kali kicking methods, Kali trapping in attack, primary gunting (nerve hit) combinations and gunting follow-ups. Running time:
FKALI02 • $39.95 • 55 min.

Part 3
In this tape, Grody goes into the details of Kali's distinctive elbow and hand follow-ups to the limbs of the body, wrenches, joint locks and takedowns. Also, Grody takes a thorough look at foot trapping and crucial training methods to develop a technical flow.
FKALI03 • $39.95 • 56 min.

KALI/ESCRIMA
The Art of Filipino Fencing
FEATURING TED LUCAYLUCAY

In this tape Ted illustrates the applications and the connection between weapon and empty hand movements. Exercises are done with sticks, knives and hands. Learn the ABC's of footwork, Power Striking, Blocking Direct Hits and Disarming your opponent.
KALI • $39.95 • 55 min.

LAMECO ESKRIMA: THE SECRETS OF DOUBLE STICK FIGHTING
FEATURING EDGAR G. SULITE

Part 1
In this tape you'll learn the basic footwork patterns. Next, Edgar progressively teaches striking patterns such as solo kadena, lameco 1-2-3, x-strikes, kali six, thrusts, upward strikes, and cross strikes. Edgar demonstrates applications of these patterns against the number one strike.
LAME1 • $39.95 • 48 min.

Part 2
This tape continues where tape one left off. Edgar demonstrates applications against the 2 through 5 strikes. Edgar discusses the concept of openings created when striking and how to use them to counterattack your opponent. The tape concludes with a demo of progressive freelance sparring drills.
LAME 2 • $39.95 • 48 min.

LAMECO ESKRIMA: PRACTICAL SELF-DEFENSE
FEATURING EDGAR G. SULITE

Part 1
In this series, Edgar explores ways to defend yourself against a knife attacker. Edgar starts with the basic footwork. Next, he teaches defenses using the stick. Edgar interchanges a tennis racquet, an umbrella, a handkerchief and a belt in place of the stick and demos their applications.
LESD1 • $39.95 • 50 min.

Part 2
Edgar continues his self-defense lesson against the knife attack. He progresses to empty hand counters. First, a review of the basic footwork patterns. Taught next are a variety of methods for redirecting the knife attack. Also shown are a variety of disarms. Edgar concludes with self-defense techniques.
LESD2 • $39.95 • 50 min.

LAMECO ESKRIMA: ESSENTIAL SINGLE STICK SKILLS
FEATURING EDGAR G. SULITE

Part 1
Edgar teaches the basic footwork patterns; forward and back, sidestepping and triangle, plus maneuvers like ducking, bobbing and weaving. You'll learn the basic grips, the concept of the big circle and small circle, and basic striking angles. Edgar puts it all together in a series of 12 drills and shows how they work in combat situations.
LESS1 • $39.95 • 58 min.

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Part 2
In this tape, Edgar continues his lesson on using the single stick. He begins with a review of the basic footwork. Then he teaches a new series of 12 drills that combine all the basics previously learned. He concludes with additional drills designed to develop power in your strikes. This two tape seies gives you a complete look at mastering the single stick.
LESS2 • $39.95 • 58 min.

PANANTUKAN
Filipino Kick boxing
FEATURING TED LUCAYLUCAY

This art and its techniques are deeply enhanced by the knowledge of the movements found in knife fighting. Ted clearly illustrates Blade Awareness and the techniques you'll need to learn Covering, Striking, Punching and Countering Skills.
PANT • $39.95 • 55 min.

THE POCKET STICK
FEATURING TED LUCAYLUCAY

Self defense in the palm of your hand! Featured are simple self-defense techniques against punches, grabs, kicks and more, as well as training methods and flow drills. The pocket stick is simple enough for anyone to learn as a viable means of self-defense.
PSO1 • $39.95 • 55 min.

STICKBOXING
FEATURING TED LUCAYLUCAY

From the structure of Kali and the concepts of JKD comes the dynamic art of 'stickboxing', that uses the full arsenal of Kali/J.K.D. tools, including kicking, elbows, knees, sweeps, locks and takedowns. However, the common denominator is the boxing structure, the glue that binds the arts together.
SBO1 • $39.95 • 55 min.

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Traditional Goju-Ryu Karate
FEATURING KENT MOYER

VOLUME 1: WHITE BELT TECHNIQUES
Junbi Undo • Hojo Undo • Kihon • Kihon Ido • Sandan Uke Harai.
GOR01 • $39.95

VOLUME 2: YELLOW BELT TECHNIQUES
Hojo Undo • Kihon Ido • Sandan Gi Ni • Higaonna Sanchin Kata • Miyagi Sanchin Kata • Geki Sai Dai Ichi Kata • Geki Sai Dai Ichi Bunkai • Geki Sai Dai Ni Kata.
GOR02 • $39.95

VOLUME 3: GREEN BELT TECHNIQUES
Kihon • Kihon Ido • Introduction to Fighting Stances & Movements • Kihon Ido Fighting Drills • Kotekitai • Sandan Gi San • Geki Sai Dai Ni Bunkai • Saifa Kata • Randori.
GOR03 • $39.95

VOLUME 4: BROWN BELT TECHNIQUES
Ukemi • Kihon Combinations • Basic Kakie • Sandan Gi Yon • Saifa Bunkai • Seiunchin Kata • Ippon Kumite • Yakusoku Kumite.
GOR04 • $39.95

VOLUME 5: BLACK BELT TECHNIQUES
Kihon Ido Combinations • Sandan Gi Go • Advanced Kakie • Seiunchin Bunkai • Shisochin Kata • Shisochin Bunkai • Weapons Defenses • Point Fighting • Iri Kumi.
GOR05 • $39.95

HAPKIDO
FEATURING SCOTT SHAW

Part 1: The Basic Elements of Hapkido
The Korean art of Hapkido translates to the way of coordination and internal power. Scott Shaw brings over 20 years of experience to this 4-part video series. Part one includes warm-ups, stretching, basic kicks, hand strikes, blocks, falling techniques, joint locks and basic self-defense.
HAP01 • $39.95 • 49 min.

Part 2: Deflections, Joint Locks & Throws
Part 2 focuses on deflection and distance control as a concept for defense. Scott then teaches advanced jointlocking techniques to control or throw your opponent.
HAP02 • $39.95 • 55 min.

Part 3: Kicking Techniques & Defenses
Hapkido is well-known for the dynamic kicks incorporated into the art from Taekwondo and Tang Soo Do. In this tape you'll learn advanced stretches and kicks, Hapkido concepts for using your kicks in combat, and proper defense against kick attacks.
HAP03 • $39.95 • 51 min.

Part 4: Ground Fighting, Weapon Defenses and Cane Techniques
The realities of combat may find you on the ground or facing an armed opponent. In this tape, Scott teaches kicks, punches, jointlocks and throws from the ground position. You'll learn self-defense against clubs, knives and guns. Finally Scott teaches the basics of Hapkido's unique weapon, the cane, demonstrating a variety of easy to apply techniques.
HAP04 • $39.95 • 53 min.

IRON PALM TRAINING
FEATURING BRIAN GRAY

Part 1
This series is for everyone who has ever wanted to break break boards and bricks with their bare hands! Brian Gray teaches you how to properly condition your hands and train in the iron palm technique. Tape one includes instruction on hand conditioning, ancient reasons for secrecy, iron palm liniment and limitations to the iron palm.
IRON01 • $39.95 • 53 min.

Part 2
FEATURING BRIAN GRAY
In this tape Brian will teach you: differences in breaking materials, proper breathing, focus, speed and centering, the fear factor, the spirit yell, isometric exercises and a board breaking demo.
IRON02 • $39.95 • 42 min.

Part 3
FEATURING BRIAN GRAY
In the final segment Brian teaches the wave and the whip, errors in breaking, advanced breaking skills, a brick breaking demo and concludes with a variety of iron palm fighting techniques.
IRON03 • $39.95 • 34 min.

DEFINING JEET KUNE DO
FEATURING BURT RICHARDSON

Burton Richardson brings you this fascinating and revealing six-tape series on Defining Jeet Kune Do, expanding on his previous 3-tape series.

Pt 1: Introduction to Jeet Kune Do
In this tape Burt discusses the JKD philosophy, and demonstrates the different ranges of combat and fighting postures. You'll learn the theories and concepts vital to building a strong foundation.
DJKD01 • $39.95 • 50 min.

Pt. 2: Empty Hand Ranges
This tape continues teaching you techniques that work in the kicking, punching, knee, elbow and grappling ranges. Burton then shows you how to combine these techniques and effectively use them in realistic fighting situations.
DJKD02 • $39.95 • 50 min.

Pt. 3: Attributes and Training Methods
In tape three of the series, Burton demonstrates the attributes necessary to truly enhance your fighting skills. You'll learn solo and partner training drills which are the key to making an individual into an accomplished martial artist.
DJKD03 • $39.95 • 50 min.

Pt. 4 Training Methods: Drills with Equipment
In tape four Burt demonstrates the five ways of attack and how to utilize various equipment in your training methods to further sharpen your speed and coordination.
DJKD04 • $39.95 • 50 min.

Pt. 5 Drills with Weapons and Sensitivity Drills
In tape five you'll learn single stick, double stick and soft stick drills. By perfecting the fluid movements necessary to maneuver the sticks, you are effectively improving your empty hand coordination skills. The sensitivity drills will make you more aware of your opponent's movements and allow you to react quickly to his attacks.
DJKD05 • $39.95 • 50 min.

Pt. 6 Sparring, Empty Hand and Weapons Techniques
Combining the information previously covered, you'll learn sparring drills that will greatly improve your ability to flow between techniques. To top things off, Burton will explore Kali's stick and dagger techniques to round out your knowledge.
DJKD06 • $39.95 • 50 min.

JEET KUNE DO CONCEPTS
FEATURING BURT RICHARDSON

Part 1
Burton explains the reasoning and philosophy behind the JKD concept. He starts the training with Kali double stick drills and striking patterns used to develop coordination, focus and martial technique. Burton translates the weapons motions to empty hands and teaches you to flow from one move to the next. Also covered is an overview of joint locks.
JKDR1 • $39.95 • 50 min.

Part 2
Burton concentrates on trapping and distancing. He starts by showing you the fighting measure and drills on how to manipulate this measure to your best advantage. Next you'll learn sensitivity drills to enhance your trapping skills. Burton finishes with some drills to develop your ability to flow from one technique to another.
JKDR2 • $39.95 • 50 min.

Part 3
Burton focuses on the kickboxing mode of JKD. Burton puts it all together including knees and elbows with combination drills using a variety of equipment. He also covers more Kali stickfighting principles and some sparring drills. Burton concludes with some examples of knife fighting and knife disarms.
JKDR3 * $39.95 * 50 min.

JEET KUNE DO CONCEPTS for KIDS
Bullyproof Your Child
FEATURING JUNE CASTRO

June teaches your child basic boxing and kicking skills and various offensive and defensive maneuvers. Interwoven into the training is the development of self-discipline and self-confidence that leads to success. June is assisted by her students, some as young as five years of age.
JKDK • $39.95 • 57 min.

JEET KUNE DO WOODEN DUMMY TRAINING
FEATURING TED LUCAYLUCAY

Bruce Lee used the wing chun wooden dummy for much of his personal training. Now Ted Lucaylucay demonstrates some of the non-traditional methods he learned while studying at the original Kali/JKD academy. He starts by showing some traditional training and progresses to add boxing and JKD drills to the mix. The tape culminates in drills that work you from long range to trapping and back out again.
JKDWD • $39.95 • 60 min.

KALI/JUN FAN/JEET KUNE DO SECTORING
FEATURING STEVE GRODY

Drawing from the concepts and methods of Kali and Jun Fan/Jeet Kune Do, Grody presents an inter-related series of the most efficient ways to simultaneously counterattack according to the relative positions of you and your opponent's arms.
GRD01 • $39.95 • 55 min.

JUN FAN/JEET KUNE DO TRAPPING SKILLS
FEATURING STEVE GRODY

Part 1
In one of the most detailed and comprehensive tape series available, Grody works through a clear-cut progression of training designed to give an understanding of the why, when and how of trapping. In this tape, Grody shows how to deal with primary and secondary obstructions to your hand attacks.
GRD02 • $39.95 • 58 min.

Part 2
In this tape, Grody continues the double trap series and presents drills designed to develop speed of perception and reaction in trapping.
GRD03 • $39.95 • 58 min.

Part 3
In this tape, Grody shows you how to defend your trapping against counter punching and how to counter trap a trapper.
GRD04 • $39.95 • 45 min.

Part 4
In this tape, Grody finishes the counter-trap series, demonstrates entries to trapping, trapping from defense and ways to use trapping against a boxer.
GRD05 • $39.95 • 60 min.

GRAPPLING UNLIMITED SERIES
FEATURING EGAN INOUE

Egan Inoue was the first non-Brazilian to win his division in the Jiu-Jitsu World Championships in Rio De Janeiro. He will teach you how to fight from the three key groundfighting positions.

THE GUARD
Egan gives you an introduction to grappling before explaining the guard position. Although you are on your back, the guard is a powerful position to be in. You'll learn how to maintain control from the guard, pass or escape the guard as well as how to counter those escape moves. Egan finishes up with drills that will hone your skills to a high level.
#GLTDO1 • $39.95 • 50 min.

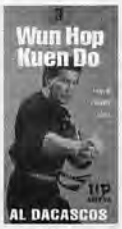
THE SIDE POSITION
You'll learn the proper body mechanics to maintain maximum leverage with the least amount of effort. Egan shows you all your options from the side as well as how to escape the side position.
#GLTDO2 • $39.95 • 54 min.

THE MOUNT
The mount is the dominant position in groundfighting. You'll learn how to hold your position as well as how to finish off your opponent. Egan will teach you the best defense possibilities. Egan fininshes the series by putting on the gloves and demonstrating sparring in the grappling range.
#GLTDO3 • $39.95 • 50 min.

KAJUKENBO/ WUN HOP KUEN DO
FEATURING AL DACASCOS

Part 1: Beginning Theories, Principles and Techniques
This beginning tape gives helpful insights and covers approaching target areas and the personal weapons you'll need to achieve success. Ranges, levels and angles of attack are explained in detail, as well as techniques for entering and exiting your opponents critical zones!
KAJU • $39.95 • 55 min.

Part 2: Intermediate Theories, Principals and Techniques
This tape elaborates on snap vs. thrusting techniques, telegraphing signs and reading your opponent. Enhance your speed and power by developing relaxation! Learn the purposes of stance and silhouette training.
WHKD2 • $39.95 • 55 min.



Part 3: How to Counter Kicks
Learn how to counter your opponent's techniques, destroy his balance, and disrupt his center of energy! Covered are: kick against kick, hand against kick and body against kick. Also covered are stop-hit techniques, smooth entry and exit and techniques that will lead your opponent to the ground!
WHKD3 • $39.95 • 55 min.

Part 4: How To Work Basics On The Inside Range
Learn WHKD's way of applying Chi Na techniques. A variety of wrist locks and neck restraints are covered. Use these against an opponent who doesn't respond to your striking techniques! Dacascos teaches you to flow with a resisting opponent as well as demonstrates special exotic kicks.
WHKD4 • $39.95 • 55 min.

AMERICAN SHAOLIN KENPO
FEATURING JUNE CASTRO

Part 1: Fundamentals
June Castro has been training in the martial arts all of her life. She is an 8th degree black belt in the art of Shaolin Kenpo Karate under her father and instructor Grandmaster Ralph Castro. You will begin with the fundamentals to develop the necessary strength, speed, and foundation that Shaolin Kenpo is known for. This is the first video available on the direct and effective approach to fighting known as Shaolin Kenpo Karate!
ASK01 • $39.95 • 56 min.

Part 2: Using Jeet Kune Do Concepts in Training
June, an 8th degree black belt in Shaolin Kenpo also studies Jeet Kune Do under Burton Richardson. In this tape, she applies the Jeet Kune Do Concept of research and development to Kenpo's training methods. The emphasis is not a comparison, but an expansion of thought and application.
ASK02 • $39.95 • 46 min.

BEGINNING KARATE
FEATURING JERRY TRIMBLE

Jerry Trimble, World light-Welterweight Kick Boxing Champion, shows you the techniques and forms you must know to be a strong contender. You'll learn drills to improve balance, power and speed. A perfect tape for the beginner.
TRIM1 • $39.95 • 50 min.

BEGINNING & INTERMEDIATE COMBINATIONS WITH ENDURANCE DRILLS
Learn the kick and punch combinations you'll need to be the best! You'll learn how to develop maximum power and why different combinations work better than others. Jerry finishes off with endurance drills .Great information for both point fighters and kickboxers.
TRIM 2 • $39.95 • 50 min.

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GOSOKU RYU KARATE
Action Kumite & Free Sparring
FEATURING TAK KUBOTA

Learn this incredible style of Karate that Tak Kubota has developed through years of training and experimentation. You'll learn a variety of defenses against punch and kick attacks. Next you'll see some action-packed freestyle sparring sequences. The tape concludes with a montage of master Kubota's exciting demo performances.
GSK * $39.95 * 40 min.

PANGAI NOON/UECHI RYU KARATE
FEATURING MARK STEWART

PART 1: Understanding Kata
The art of Pangai Noon/Uechi Ryu originated from the close range fighting styles of the tiger, dragon and crane in the legendary land of Fukien Province, China. In this series, Mark Stewart, sheds some light on the little shown hidden motions of kata. He works with the Sanchin, Seisan and the Sanseiryu kata, giving a full demonstration of each plus applications of movements in the forms.
URK01 • $39.95 •45 min

PART 2: Training Drills
In this tape, Mark introduces training drills designed to develop the hidden motions found in the katas of Uechi Ryu Karate. Using the information detailed in part one, Mark explains the sticky hand drill, the double sticky hand drill, the forward energy drill and the wauke circle block drill, all of which come from the Okinawan iron body drills.
URK02 • $39.95 • 40 min.

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THE ART OF KICK BOXING
FEATURING MARK STEWART

Part 1: Ring Smart
Training includes solo, partner, and equipment techniques, highlighting mobility and flow drills. Mark starts with the basics: stance, footwork, and the 8 angles of attack and evasion. He then teaches 40 different flow drills designed to blend your tools into a variety of combinations. The tape concludes with 12 action packed rounds of progressive sparring!
AKB1 • $39.95 • 50 min.

Part 2: Street Wise
This tape concentrates on using kickboxing concepts for street self-defense. Shown are a variety of drills using combinations designed for self-defense rather than ring fighting including throws,, locks and trapping, plus 12 rounds of sparring focusing on street survival techniques.
AKB2 • $39.95 • 50 min.

MUAY THAI BOXING
FEATURING VUT KAMNARK

Vut Kamnark has been training since he was 8 years old and currently teaches and promotes Muay Thai matches and is president of the U.W.M.T.A. (United World Muay Thai Association.)

Volume 1: Warm-Up, Conditioning & Introduction to Equipment

This tape will get you ready to learn the rigorous techniques of Muay Thai. After explaining Wai Kru, a dance of respect between fighters, you'll learn how to completely stretch and strengthen your body the Muay Thai way. Also full explanations are given on the different kinds of training gear and how to use them including: Thai liniment, ankle supports, hand wraps, gloves, thai pads, focus mitts, the belly protector, heavy bags and more.
MTB01 • $39.95

Volume 2: Basic Footwork, Punches & Elbows
You'll learn the on-guard stance and basic footwork. Next taught is the jab, cross, hook and uppercut. Detailed instruction on form and execution to develop maximum power and speed, as well as combination punching. The proper technique for delivering devastating elbow strikes from all angles concludes this tape.

MTB02 • $39.95

Volume 3: Kicks & Knees
Vut starts by teaching the push kick and its variations. Next he moves on to Muay Thai's trademark , The round kick. He breaks down each aspect of the kick so you can learn to harness all of its power. Next you'll learn the footwork and secrets to be able to throw this kick at any target from head to toe. The proper technique for delivering crippling knee strikes from all angles concludes this tape.

MTB03 • $39.95

Volume 4: Fighting Techniques
This tape puts it all together. It starts out with shadow boxing, the perfect way to practice all your techniques and warm-up at the same time. You'll learn how to defend against all attacks and develop an arsenal of counter combinations. Whether in a clinch or at long range, this tape will give you the information to fully utilize all your weapons. A variety of kick and punch combinations, good for fighting or just a great workout concludes the tape.
MTB04 • $39.95

CHINESE IN-FIGHTING
FEATURING DOUGLAS WONG

In this tape Doug teaches advanced techniques involved in close range combat, designed to keep your opponent off balance. Learn inside and outside attacking methods that use the principles of deflection as well as close range kicking drills using body torque to generate total striking power!
DWONC • $39.95 • 58 min.

CHINESE MARTIAL ARTS FIGHTING SKILLS
FEATURING DOUGLAS WONG

You'll learn to use minimum movement to obtain maximum results! The fighting concepts are broken into two components: 'Linear Motion vs. Circular Motion'. The various Body Zones are covered for long range strikes and for the grappling range. Also the principles of fighting multiple opponents, defenses against weapons, take-downs and more!
DWONB • $39.95 • 58 min.

HSING-I CHUAN
FEATURING GERALD A. SHARP

FIVE FISTS OF POWER, Part 1
This tape takes you through Hsing-I's basic training of hands and stances; as well as the applications and forms training for the 2 Splitting Fists, the Drilling Fist, and the Four Variations of Bursting (Crushing) of the Jiang Rong Qiao Hsing-I system. This tape introduces you to the practicality of Hsing-I both as a training tool, and a self defense art. While Hsing-I appears straightforward, you will be introduced to the slight angles, turns, and close range techniques of this rare internal art.

#HSI501 • $39.95 • 60 min.

FIVE FISTS OF POWER, Part 2
Tape Two completes the Five Fists with many useful applications and forms training for the Pounding and Crossing Fists, as well as teaching the applications and forms for Two Linking forms. These two linking forms known as: Transformation of the Five Fists and Single Linking of the Five Fists, are useful for tying together the principles of Splitting, Drilling, Bursting (Crushing), Pounding, and Crossing. By connecting the Five Fists, you will learn why Hsing-I Chuan is known as the penetrating internal martial art.

#HSI502 • $39.95 • 46 min.

POWER TRAINING
Power Training teaches three Hsing-I Standing Meditations (Zhanzhuang): the Infinity Posture, Listening to The Sea, and the Bear Posture for developing energy, power, and health; Hsing-I Push Hands for developing sensitivity, power, and root; and, useful self-defense applications and forms training for a Hsing-I Animals Power form (Hsing-I Hong Chuan). This tape is useful to a variety of martial arts practitioners, as well as internal arts practitioners such as Ta'i Chi Ch'uan and Pa Kua Chang.

#HSIP • $39.95 • 60 min.

12 ANIMALS, Part I
This tape demonstrates all 12 Animals of the Jiang Rong Qiao Hsing-I system, as well as applications and forms training for the Dragon, Tiger, Monkey, Horse, and Alligator. The 12 Animals build on the principles of the Five Fists and the Linking concepts. Utilizing the behaviors and movements of mythical and wild animals to develop a barrage of useful, practical self-defense techniques.

#HSI1201 • $39.95 • 52 min.

12 ANIMALS, Part 2
This tape completes the 12 Animals with applications and forms training for the Fighting Chicken, Falcon, Swallow, Snake, Ta'i (Ostrich), and the Combined Eagle/Bear. This tape also provides a Daily Practice Companion to practice the forms, and continues to build on the principles of the Five Fists and the Linking Concepts. Applications which emphasize Hsing-I's strikes are coupled with Hsing-I's close range techniques of grappling and throwing.
#HSI1202 • $39.95 • 60 min.

HUNG GAR KUNG-FU (Tempting the Tiger)
FEATURING VERNON RIETA

History, philosophy and technique are all covered in this overview of one of Shaolin Kung-Fu's most popular styles. Hung Gar combines the strong, close-range style of the tiger with the soft, elusive long-range movements of the crane, and its forms are a powerful tool containing a wide range of isometric exercises. You'll learn many of the basic attacks and defenses found in the Hung Gar style. Applications of the various movements in the form are demonstrated both traditionally as well as in real life street situations.
HGAR01 • $39.95 • 45 min.

SHAOLIN FIGHTING Theories & Concepts
FEATURING DOUGLAS WONG

Douglas Wong, founder of the modern day 'White Lotus' system, has taught over 7000 students with his highly diversified training course. Learn training exercises including upper body developement and body conditioning. Next Doug teaches soft hand blocks and joint locking blocks. You'll learn hand strike combinations followed by some fighting techniques. Doug explains footwork, postures, fighting ranges, body weaving and some unique fighting theories.
DWONA • $39.95 • 58 min.

SPLASHING HANDS
FEATURING JAMES MCNEIL

Part 1
Based on the way water pounds against the hands, Splashing Hands is considered one of the most powerful fighting systems available today! McNeil starts with the basic punches and blocks and works them into unstoppable combinations. He moves on to the basic kicks and follows with shuffle footwork, the basis for power. He puts it all together in a variety of self-defense techniques.

SH1 • $39.95 • 48 min.

Part 2

In this tape, McNeil continues with his lesson on the splashing hands streetfighting kung-fu series. He demonstrates Browns 1 through 8, a collection of self-defense techniques based on the splashing hands fundamentals. A complete fighting system on two tapes.
SH2 • $39.95 • 48 min.

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TAI MANTIS KUNG FU
FEATURING SCOTT COHEN

Part 1: Hidden Techniques
Tai Mantis is a system consisting of the North Shaolin and the Praying Mantis styles. Using basic stances, blocks and strikes, Scott demonstrates multiple applications not apparently seen in the technique. You'll learn how to create take-downs, traps, locks and counters from a few basic moves.
TAIM1 • $39.95 • 58 min.

Part 2: No Holds Barred combat
Learn the importance of timing, speed and power and how a smaller person can defeat a larger opponent by using proper body mechanics! This action packed video will increase the abilities of all students.
TAIM2 • $39.95 • 58 min.

SAVATE BASICS
FEATURING NICOLAS SAIGNAC

Savate, the traditional art of French kickboxing was developed in the eighteenth century. Today, Savate is practiced internationally by both men and women. Savate provide a complete physical workout while honing the senses and teaching an effective form of self-defense. This tape features a step-by step breakdown of the basic punches, kicks, blocks and combinations needed to practice Savate. The tape ends with a progressive sparring session highlighting the basic skills previously demonstrated.
SAV01 • $39.95 • 53 min.

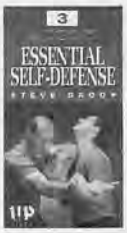
THE SAVATE WORKOUT
FEATURING NICOLAS SAIGNAC

This tape combines a progression of training drills designed to give you a complete cardiovascular workout as well as get as close as possible to an actual sparring situation. Starting with stretching and warmups and advancing to a variety of kicking and punching drills this workout will complement any martial arts style. This is an excellent workout for both men and women.
SAV02 • $39.95 • 60 min.

ESSENTIAL SELF-DEFENSE
FEATURING STEVE GRODY

Part 1
At each level of learning, Grody emphasizes what is most essential and useable, from the beginning to the more advanced skill levels. In this tape, Grody starts with attributes such as economy of motion, beat efficiency, simplicity and natural rhythm. Next, footwork and how it controls the range of the fight. Grody follows with major hand strikes and angles, low-line kicks and knee attacks. He goes on to evasive moves like slips as well as the basic covers and parries.
GR01 • $39.95 • 53 min.

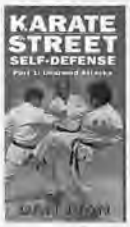
Part 2
In this tape, Grody continues to work the material shown in part one. He starts by working the focus gloves to teach the principles of defending and countering hand attacks. He progresses to hand defenses with kick follow-ups. Grody gets more in-depth with his explanations of defensive skills both for the hand and the feet and how to flow effortlessly between the two. Ultimately, the information in this tape will give you the ability to flow back and forth between offense and defense spontaneously.
GR02 • $39.95 • 53 min.



Part 3
In this tape, Grody continues his progression of the most usable ways to attack and defend. He shows applications of feints and drifts, drills for defensive and offensive line perception and finishes with a series of counters to elbow attacks.
GR04 • $39.95 • 53 min.

Part 4
In this tape, Grody teaches counters to knee attacks, the set-up, use and counter of the head butt, entries using the: jamming hand, ride-in, circling hand and beat. Also covered are counter for counter drills at the kicking, punching, kneeing and elbowing ranges.
GR05 • $39.95 • 53 min.

KARATE FOR STREET SELF-DEFENSE
FEATURING DAN IVAN



Part 1: Unarmed Attacks
Sensei Dan Ivan began his martial arts training in Japan where he became the first foreigner to earn black belts in Karate, Judo, Aikido and Kendo. As an agent for the CID, he experienced the practical value of the martial arts and has been the official police instructor for numerous law enforcement agencies. In this tape he presents an easy to learn system of street survival. You'll learn practical strikes, blocks and kicks and how to use them in street situations.
KSD01 • $39.95 • 53 min.

Part 2: Weapons
In this tape, Dan focuses on techniques designed to help you escape or disarm an opponent armed with a weapon. He takes the basic structure taught in tape one and develops those fundamentals more fully. Remember there is no true self-defense against an attacker with a weapon, but as a last resort these techniques may save your life. Always use training weapons when practicing.
KSD02 • $39.95 • 50 min.

SELF-DEFENSE FOR WOMEN
Simple Street Proven Concepts That Work
FEATURING JUNE CASTRO

In accomplished martial artist, and an experienced fighter, June Castro brings a unique perspective to self-defense training. June teaches you the basic elements needed for self-defense. First, avoiding a confrontation through awareness. Second, escape if possible. Specific fighting skills are taught as a last resort; how to strike, where to strike, when to strike, and why. This tape will help you develop the self-confidence and self-esteem needed to successfully defend yourself.
SDW • $39.95 • 59 min.

YOUR BEST DEFENSE
FEATURING DEBORAH MAGONE

This excellent video is for both men and women! In this tape, Deborah, the first female 4th degree Black Belt in Okinawan Seidokan Karate, illustrates strategies to help you develop a highly effective means of self defense. Points covered include: vital striking areas, basic punches, kicks, knee and elbow strikes, blocks and proper falling techniques. Techniques are shown for purse snatching, when knocked to the ground, hair pulls, grabs and chokes.
SDEFS • $39.95 • 45 min.

KALASAG KUNTAO SILAT
Filipino/Indonesian Martial Arts
FEATURING ROBERTO TORRES

Part 1: Fundamentals
Kuntao, as practiced in Indonesia and the Phillipines, is totally combat oriented. It is a punishing art, characterized by tearing and breaking. Roberto Torres' foundation is based on three systems: Petjut Kilat Silat, Visitacion Kuntao and Wu Kung Kuntao. In this tape You'll learn Balangkas (stepping forms) one through six, Kalasag Kamay (shielding hands), Salag (blocks), Tulay Kamay (bridging hands), Sikaran (kicking) and Laban Kamay (fighting hands).
KKS01 • $39.95

Part 2: Sayaws (Forms)
All the keys to fighting can be found in these dances. You'll learn 15 forms with a fighting application for each. From the applications you'll learn to use your footwork, blocks and strikes and the principles to create your own combinations.
KKS02 • $39.95

Part 3: Buno (Grappling)
FEATURING ROBERTO TORRES
After a short review of the basics, you'll learn the principles of balance and manipulating the centerline. Roberto then teaches foot directions, Tatsulok Buno (triangle throwing) and Hagis (throwing).
KKS03 • $39.95

Part 4: Sandatas (Weapons)
FEATURING ROBERTO TORRES
In part four Roberto teaches the use of the stick or blade. You'll learn the basic strikes and 12 angles of attack. Applications with in-depth explanations are taught. You'll also learn defense, disarms and see controlled free sparring as well as Bunga, a free form practice.
KKS04 • $39.95

PENCAK SILAT RATU ADIL
Combination Techniques
FEATURING RUDY TERLINDEN

Part 1
Rudy has studied for more than 50 years to master four styles: Serah, Cikalong, Cimade and Suci-Hati. He combined these four styles to create Pencak Silat Ratu Adil. In this tape, Rudy demonstrates Juru (form) number one and teaches techniques based on this form. You'll learn the basics of footwork designed to positon you to apply counterattacks and effortless takedowns. Also shown are the forms Pukulan number one and two. Rudy concludes with a variety of self-defense techniques.
TERL1 • $39.95 • 58 min.

Part 2
FEATURING RUDY TERLINDEN
Rudy Terlinden continues to demonstrate more Pencak Silat combinations in this follow-up to part one. He teaches self-defense techniques against punches, kicks and elbows. Also shown are basic Pukulan strikes, blocks, entries and offensive techniques.
TERL2 • $39.95 • 58 min.

TAEKWONDO
FEATURING DANA HEE

The ABC's of Modern Competition Sparring

Eight to win with these techniques taught by Olympic gold medalist, Dana Hee. Learn how to develop the timing and explosive speed that helped her win the lightweight fighting division in the 1988 Olympic Games. This tape is designed to give you an overall view of what it takes to win in thew competition ring.
TKDS01 • $39.95 • 42 min.

Training Drills for Modern Competition Sparring

With these drills, Dana shows you how she made the transition from full contact and point fighting to the style of fighting used in modern competition Taekwondo. Dana teaches you the drills she used to develop the timing, kicking stamina and those fast twitch muscle fibres needed for explosive speed. You'll learn the various drills taught by '88 Olympic coach, Sang Chul Lee and other great masters coaching the U.S. team for the 1988 Olympic Games.
TKDS02 • $39.95 • 57 min.

Fighting Strategies for Modern Competition Sparring

Play chess with the champions with these sparring strategies taught by 1988 Olympic Gold Medalist Dana Hee. Learn how to attack, counter and checkmate your opponent using offensive counters, set-up counters, trapping techniques and ring strategy. These techniques are a must for any serious fighter learning how to compete in modern competition sparring.
TKDS03 • $39.95 • 59 min.

CHEN STYLE TAI CHI
FEATURING JAMES MCNEIL

Part 1

The Chen style's 13 sections and 64 moves are clearly illustrated and McNeil, a world renowned internal stylist, breaks down the form into individual movements. In this tape, McNeil breaks down the first 22 moves and shows the self-defense applications of each move.
MN1CTC • $39.95 • 48 min.

Part 2

In this tape McNeil continues his instruction of the Chen form. He starts with a review of the 22 moves taught in part one then goes on to moves 23 to 64.
MN2CTC • $39.95 • 48 min.

COMBINED TAIJIQUAN IN 48 FORMS
FEATURING WEN-MEI YU

Pt. 1: Forms 1-19

Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this tape series, she performs and explains the Combined Taiji-quan in 48 Forms.
TC481 • $39.95 • 58 min.

Part 2: Forms 20-48

In this tape, Wen-Mei Yu continues with movements 20-48.
TC482 • $39.95 • 58 min.

WU STYLE TAIJIQUAN IN 89 FORMS
FEATURING WEN-MEI YU

Part 1

Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this three part series, she teaches Traditional Wu Style in 89 Forms as taught to her by masters Wu Ying Hua and Ma Yueh Liang. Part one features a demonstration of the complete form, followed by a lesson on all the basic hand forms, stepping movements, turns and kicks. Next a detailed lesson on forms 1-16 is shown.
WU01 • $39.95 • 56 min.

Part 2

Part two continues with detailed linstruction on forms 17-55.
WU02 • $39.95 • 59 min.

Part 3

Part three concludes the series with detailed instruction on forms 56-89 plus a demonstration of self-defense applications derived from the form.
WU03 • $39.95 • 45 min.

TRADITIONAL YANG STYLE TAI CHI KNIFE
FEATURING WEN-MEI YU

The traditional Yang style knife form is composed of thirteen movements. Wen-Mei Yu starts off by teaching you the stances and individual knife methods needed to execute this form. The form itself is taught with detailed, step-by-step instruction, in an easy to learn manner.
YKN • $39.95 • 53 min.

TRADITIONAL YANG STYLE TAI CHI SWORD
FEATURING WEN-MEI YU

Part 1: Movements 1-35

In this tape, Wen-Mei Yu teaches a traditional Yang style sword form. The tape starts with a full demonstration of the form followed by instruction in the basic stances you will be using. The in-depth instruction of the form begins with movements 1-35, including a slow-motion review.
YSW01 • $39.95 • 58 min.

Part 2: Movements 36-53

In this tape, Wen-Mei Yu continues her instruction on the traditional Yang style tai chi form. The tape starts with a review of the material covered in part one before continuing the step-by-step instruction of the final movements 36-53. After completing the instruction, the full form is reviewed in slow motion as well as regular speed.
YSW02 • $39.95 • 46 min.

ACROBATIC FIGHTING TECHNIQUES
FEATURING STUART QUAN

Part 1

Fly through the air with the greatest of ease! In this two-tape series you'll learn to conquer your fears, go for your goals and reach your outer limits. Learn to perform dazzling acrobatic moves through an easy-to-follow, step-by-step process that will increase your flexibilty and strength as well. Part one teaches you: Basic stretching, Kip up, Head stand, Back extension roll, Front roll, Dive roll, Shoulder roll, Cart wheel and Combination moves.
ACR01 • $39.95 • 50 min.

Part 2

In this tape, Stuart continues his acrobatic lesson with: Advanced stretching, Back hand spring, Front hand spring, Back flip, Round off, Aerial cart wheel, wind mill, Combination moves, and Martial art choreography.
ACR02 • $39.95 • 50 min.

THE ART OF STRETCHING AND KICKING
FEATURING JAMES LEW

For you to kick your highest and move your fastest, it is essential to be limber and completely flexible! In this tape, James starts out with a general warm-up before starting his pre-kicking stretch routine, which strengthens as well as limbers up all the muscles used in kicking. Then he covers the basic kicks; front, side, roundhouse, hook, back, crescent, axe and more! You'll learn concepts for power and focus, as well as many tips to perfect your kickin technique. James concludes with stretches designed to obtain maximum flexibilty in an easy to follow routine.
LEW1 • $39.95 • 48 min.

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CREATIVE KICKING COMBINATIONS
FEATURING STUART QUAN

In this tape, Stuart takes your basic kicks and brings out important keys on how to maximize your execution. He talks about the slow/fast principle, how to create power and maintain balance. Next, Stuart gets into the combinations, using both Japanese and Korean style kicks, as well as adding punch combinations. He gives you a detailed, step-by-step breakdown of spinning and multiple kicking methods. He concludes with a series of self-defense techniques combining different styles of marial art.
QUAN 1 • $39.95 • 50 min.

DYNAMIC STRENGTH
FEATURING HARRY WONG

Control your own power destiny! All martial artists must continue to improve their power and speed as they train to achieve their own personal best! In this video, Kung Fu San Soo Master Harry Wong, will show you how to achieve the results you want. Using a unique blend of flowing isometrics Harry teaches you how to continuously improve your strength and physique. Recommended for students of all styles.
DS1 • $39.95 • 58 min.

ENHANCING YOUR SKILLS
FEATURING MARK DACASCOS

In this tape, Mark focuses on exercises and drills to improve your skills for both tournament fighting and street self-defense. He starts off with harmony sparring, a warm-up exercise that develops spontaneous reaction in your technique. Next he goes through a variety of conditioning and strengthening drills to help you overcome fear of contact, as well as build speed and reaction time. Martial artists of all styles will benefit from these unique partner sparring exercises.
ESK • $39.95 • 60 min.

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FIGHTING COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In this tape Christine teaches fighting techniques that she uses to consistently win at tournaments around the world. She begins by teaching methods of footwork. Next, Christine teaches 8 defensive maneuvers including the: side kick, jump back kick, hook kick, ridge hand and more. She continues with 10 offensive combinations like the fake hook kick to round kick, the low reverse punch to ridgehand, sweep and ax kick and her famous multiple round kick to side kick combo. Each technique is taught step-by-step, applied against a partner and demonstrated using training pads to perfect and develop the power in the technique.
FTC • $39.95 • 53 min.

HARD STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In the world of sport karate, Christine Bannon-Rodrigues is the most versatile female competitor of all time. She has consistently won in all three categories of competition-fighting, forms and weapons. In this tape, Christine puts together kicks, punches and gymnastics into a unique blend of 15 combination moves to enhance your hard style forms for open competition. She teaches in an easy, step-by-step manner. As a bonus, Christine demonstrates her hard style form that has won numerous championships around the world.
HSC • $39.95 • 45 min.

THE HIDDEN COMBAT USE OF FORMS
FEATURING STEVE GRODY

In this tape, Grody explores the combat applications found in traditional Kung-Fu forms. Sometimes the most effective movements are either overlooked or misunderstood. By looking closely at your forms, you can discover their hidden combat lessons. 50 min.
GR03 • $39.95 • 50 min.

KICKBOXING FOR WOMEN Essence Of Training For Fitness & Self-Defense
FEATURING JUNE CASTRO

A martial arts instructor, a Thai Boxing enthusiast, and certified fitness professional, June Castro teaches the fitness and self-defense aspect of Kickboxing. You will learn the fundamentals of footwork, boxing skills, elbows, knees, kicks, and various Thai Boxing drills. The workout improves the cardiovascular system, increases strength and muscle tone, while developing balance and coordination. The combative skills developed make this workout an excellent form of self-defense training.
KBW • $39.95 • 53 min.

KICKING TO NEW HEIGHTS
FEATURING STUART QUAN

This video focuses on aerial kicking techniques. Included are the Jump Side Kick, the Jump Spinning Kick and the awesome Jump 360 Kick as well as others. Stuart starts the tape with a good warm-up routine while giving you plenty of tips to improve your stretching. He then goes into a step-by step breakdown of each kick. The tape finishes with an array of aerial combinations for you to learn.
QUAN 2 • $39.95 • 50 min.

MARTIAL ARTS FUNDAMENTALS & SELF DEFENSE
FEATURING CARRIE WONG

This program demonstrates various Chinese Kung-Fu training exercises by world renowned forms competitor Carrie Wong. You'll learn important breathing concepts, horse training to develop strength in the lower body, and a basic form. Next you'll learn stump training for balance followed by basic hand forms. The tape concludes with kung-fu self-defense techniques. A great introduction into the Chinese martial arts!
MAF • $39.95 • 59 min.

PROTECTERCISE
FEATURING KAREN SHEPERD

Get in top shape while learning practical, effective self-defense moves. Karen Sheperd, star of several feature films and Red Sonja in Universal Studios' Conan the Barbarian show, has called upon her years of experience as a world champion martial artist and fitness instructor to create Protectercise, the perfect low impact aerobic workout which simultaneously teaches simple and realistic responses to physical assaults.
PROT1 • $39.95 • 60 min.

R.O.C.
FEATURING GREGG WOOLDRIDGE

Part 1
R.O.C. (Reactive Opponent Control) is a concept that goes beyond technique and focuses on total domination of your opponent. R.O.C. brings self-defense to a level that the average martial artist can understand and utilize with very little time expended in the training process. In this tape, martial artist and bodyguard Gregg Wooldridge teaches you the foundation of R.O.C.: body positioning and body manipulations.
RS1 • $39.95 • 45 min.

Part 2
FEATURING GREGG WOOLDRIDGE
In part 2, Gregg expands on the information taught in part one by adding punches, elbows, knees, kicks and headbutts to the basic body manipulations. In addition, a full lesson on grappling concepts and techniques is included. For those of you who have been in actual combat situations, you are well aware of the physicality needed to overcome an opponent. R.O.C. is the perfect supplement to add this to your training!
RS2 • $39.95 • 50 min.

SOFT STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine teaches 10 combinations including the 360° sweep, the jump inside crescent kick into full splits, the aerial butterfly kick, the aerial cartwheel and more. Next she teaches the basic junior longfist form in a step by step method. Christine then teaches a modified version by adding some of the more advanced combinations into the basic form. You'll learn her secrets for creating a world class soft style form for competition.
SSC • $39.95 • 52 min.

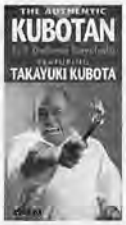
STRETCHING AND KICKING MASTER SERIES
FEATURING JAMES LEW

In this tape James focuses on the more dynamic jump, spin and multiple kick techniques. He starts off with a quick review of the basic kicking fundamentals. Next he teaches the jump and spinning front kicks, roundhouses, side, hook, crescent, and axe kicks. You'll learn how to kick from the ground as well as numerous kick combinations. This tape is a catalog of every kick imaginable!
LEW2 • $39.95 • 48 min.

WEAPONS FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine draws from her world championship whipchain and broadsword form to teach you some dynamic combination techniques with these weapons. She starts with basic techniques such as the double flower and the forward figure eight and works up to more complex combinations like the 360¡ jump, floor combinations and neck wraps. Christine then teaches her entire form in a step-by-step breakdown.
WPC • $39.95 • 50 min.

THE AUTHENTIC KUBOTAN® SELF-DEFENSE KEYCHAIN
FEATURING TAKAYUKI KUBOTA



The official Kubotan¨ self-defense keychain is a 5 1/2" plastic stick with a keyring attached. This tape will teach you the basic strikes and techniques you'll need to use the Kubotan®. Master Kubota starts off by explaining vulnerable striking points of the body. Next he teaches some simple striking patterns and joint manipulations. After learning the basics, you'll learn how to counter specific attacks including wrist grabs, arm grabs, chokes, punches, bear hugs and more. Master Kubota has taught martial arts to both law enforcement and the general public for over 50 years.
KUKC • $39.95 • 50 min.

The KUBOTAI: Training and Techniques
FEATURING TAK KUBOTA

Soke Takayuki Kubota has designed the ultimate weapon for self-defense. In fact, the Kubotai is so effective, many police departments have enlisted Kubota to train their forces in properly utilizing it. In this video, you'll learn strikes, blocks, control techniques and the kata that will put all the movements together.
KUTAI • $39.95 • 48 min.

SHAOLIN WEAPONS SERIES:
FEATURING JAMES MCNEIL

THE BUTTERFLY KNIFE

Learning to handle martial arts weapons greatly enhances all empty hand techniques. In this tape, James McNeil demonstrates a Shaolin Kung-Fu butterfly knife set in a step-by-step, easy to learn format. To fully understand the weapon, McNeil also teaches the fighting application for each movement of the set.
SWPN01 • $39.95 • 40 min.

THE STAFF

In this tape, James McNeil demonstrates a Shaolin Kung-Fu staff set. By learning this form, you can master most of the basic maneuvers needed to utilize this practical weapon. To further your understanding of this weapon, McNeil also teaches the fighting application of each move of the set.
SWPN02 • $39.95 • 40 min.

WING CHUN GUNG-FU BASICS
FEATURING RANDY WILLIAMS

Pt. 1: Structure and Footwork

Randy Williams gives insightful instruction for the Basic Stance, the Eight Punches and Eight Palm Strikes of Wing Chun. Elbow Strikes and Blocking Motions are covered as are the Five basic Moving Stances. In addition, you will learn the footwork necessary to get the most from the other tapes in this outstanding series.
WCW01 • $39.95 • 50 min.

Pt. 2: Combat Theory and Kicks

This tape is the companion to Structure and Footwork and includes step by step explanations of the Mixed Footwork Patterns used to develop Body Unity. Learn the Centerline Theory, The concept of Reference and The Cutting Angle. Gain insight into Complex Motions and Simultaneous Defense and Attack. Also covered are Wing Chun's Invisible Kick principal and the use of the Rattan Ring!
WCW02 • $39.95 • 50 min.

WING CHUN GUNG-FU COMBAT DRILLS
FEATURING RANDY WILLIAMS

Pt. 1: Basic Blocks and Traps

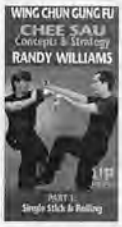
Five Star Arm Toughening Drill, Kuen Siu Kuen punch interception, Straight Punch drills: 4 variations done 3 ways! Also learn Yut Fook Yee Yin/Yang attack and defense drill, Pock Sau for quickness and dexterity in blocking and trapping, and many others!
WCW03 • $39.95 • 50 min.

PT. 2: Advanced Blocks and Traps

Slow Attacks Drills, Four Line Changing, Simultaneous Attack & Defense, Trapping and Kicking, Woo Sau Cutting Angle Defense, Fon Sau Drill for quickness and economy of movement, Lop Sau, Wing Chun's timing and trapping drill, Gahng Gyeuk; a 6-part shin/knee/ calf toughening exercise and others!
WCW04 • $39.95 • 50 min.

WING CHUN GUNG-FU
Chee Sau Concepts & Strategy
FEATURING RANDY WILLIAMS

Pt.1: Single Stick & Rolling



This video covers Look Sau; the famous double rolling arms cycle of Wing chun. Single Sticky hand and Inside and Outside Whip Cycles are demonstrated as well as basic three part sensitivity drills. All are clearly shown with and without the specific footwork, to make these techniques easier to learn and apply!
WCW05 • $39.95 • 50 min.

Pt. 2: Combat Sticky Hands

In this, the companion video, Randy takes you to new heights with the ultimate in Look Sau Rolling Arms techniques, 25 Gwoh Sau combat/attack combinations as well as 2 Response Chains! All designed to allow you to handle the multiple variations and possible outcomes of an attack!
WCW06 • $39.95 • 50 min.

WING CHUN GUNG-FU
FEATURING RANDY WILLIAMS

108 Wooden Dummy Motions Pt. 1

Part one covers the first 60 motions of the Mook Yan Joang Fot Yut Ling Bot wooden dummy forms and their applications. Also covered are dummy structure and installation.
#WCW07 • $39.95 • 50 min.

108 Wooden Dummy Motions Pt. 2
FEATURING RANDY WILLIAMS

Part two covers the remaining 48 motions based on the Biu Jee thrusting fingers set. Again forms and applications are covered.
WCW08 • $39.95 • 50 min.

WING CHUN GUNG-FU
WOODEN DUMMY TRAINING
FEATURING RANDY WILLIAMS

PART 1: Advanced Wooden Dummy Drills
In this tape, Randy demonstrates over twenty drills, both on the dummy and with a partner. He starts with the 5-Star Blocking Drill and continues with others such as: Fist Parries Fist, Huen Da Progression, Jom Sau Chasing, Straight Punch Drills, The Invisible Kick and more.

WCW09 • $39.95 • 56 min.

PART 2: Lop Sau, Chee Sau and Dummy Theory

In this tape, Randy concentrates on the Lop Sau/Fon Sau Switch, the Chahng Dai Jyeung Switch, the Biu Sau Switch, the Gum Sau Switch and the Pock Sau Switch. He then goes into Look Sau–Rolling Hands and attack combinations, Sticky Foot, the Dummy Centerline Theory and more.
WCW10 • $39.95 • 56 min.

WING CHUN GUNG-FU CLOSE RANGE COMBAT TECHNIQUES
FEATURING RANDY WILLIAMS

PART 1: Combat Principles and Attacking Combinations

This tape provides an explanation of important Wing Chun fighting principles such as the open/closed relationship, plant/trap/hit, the yin cutting angle, combat attitude, body unity and more. Also included are a number of fighting techniques, demonstrated at speed and in detailed slow-motion.
WCW11 • $39.95 • 47 min.

PART 2: Defense Against Straight Punches and Kicks

In part two, Randy continues to demonstrates fighting techniques against the jab, the 1-2, and a variety of different kicks.
WCW12 • $39.95 • 53 min.

PART 3: Emergency Defenses and Defenses against Punching Combinations

In part three, Randy starts off with a unique warm-up series and then continues with fighting techniques against a variety of punching combinations as well as different grabs, rear attacks and other self-defense situations.
WCW13 • $39.95 • 35 min.

WING CHUN GUNG-FU TRAINING METHODS
FEATURING RANDY WILLIAMS

PART 1: Advanced Lop Sau Principles

In this tape Randy teaches numerous training drills designed to perfect your Wing Chun techniques such as: All Lop Sau switches with kicks, stop kicks, broken rhythm, Fon Sau Switching, Chahng Dai Jyeung Switching, Biu Sau Switching, Gum Sau Switching, Pock Sau Switching and more.
WCW14 • $39.95 • 41 min.

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Part 2: Advanced Two-Man Drills

In this tape, Randy demonstrates training drills such as: The Pock Sau cycle, Leakage Drills, Huen Da, Block Responses, The Body Trap Drill, Single Sticky Hand with Kicks, Combat Sticky Foot and more.
WCW15 • $39.95 • 41 min.

Part 3: Structure and Stamina Training

In this tape, Randy teaches the Siu Leem Tau form, the Chum Kiu form, the Biu Jee form and some of his unique training methods such as the 1080 Punches, the 1024 Kicks, Short Punches, L-Moving and Whip Power. These drills are guaranteed to make the most of your practice sessions.
WCW16 • $39.95 • 60 min.

SIU LEEM TAU:
Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1

The first form is Siu Leem Tau or The Little Idea. A demonstration of the complete Siu Leem Tau Form and a detailed breakdown of part one motions and principles including: Basic Stance • Basic Punching Principles • Concept of Facing • Grabbing • Simultaneous, Indepen-dent Motion of the Hands • Chi Development • Rooting/Sinking • Hooking Traps • Basic Blocking Structure • The Cutting Angle of Wing Chun Blocks • Leen Siu Dai Da–Economy of Motion • Running Hand and More
WCW17 • $39.95

Part 2

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Ditan chuan focuses on falling, tumbling and groundfighting techniques. Kenny starts by teaching falling techniques including front back and side falls as well as the front flip fall. Acrobatic moves include rolls, dives, kips, cartwheels, scissors, handsprings and the butterfly kick. The tape concludes with numerous applications of these innovative techniques.
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Pa Kua Chang is one of China's foremost internal martial arts, based on the pa kua or eight trigram symbol. In this video, world renowned pa kua chang master Park Bok Nam demonstrates in detail the various components of pa kua chang's basic training as it was taught to him by the legendary master, Lu Shui-Tien. These exercises will help any martial artist improve footwork, body flexibility, internal energy circulation, and internal striking power.
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VOL. 2

This video begins where Volume One left off, increasing the viewer's knowledge and understanding of pa kua chang footwork, palm striking power, martial arts body movements, and chi kung internal energy development. In addition, this volume adds the components of elbow striking, leg locking, and kicking.
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In this video Luo De Xiu demonstrates all eight of the Gao Style Pre-Heaven Ba Gua changes, demonstrates four different circle walking methods, shows numerous applications of the Gao style form, demonstrates six of the Post-Heaven, straight line Ba Gua forms from the Gao style and teaches Ba Gua relaxation Qi Gong.
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In this video Luo De Xiu of Taipei, Taiwan, demonstrates the basic hand, body, and stepping exercises, palm changes, combat forms, and two-person sets which provide the foundation for using ba gua zhang as a combat art. In addition Luo De Xiu demonstrates a wide variety of combat techniques.
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Grappler's Grapevine

Meow Mix

I always snag the current issue of *Grappling* as soon as it's available, in large measure because I enjoy reading Matt Furey's conditioning tips. I've also been enjoying Eugene Robinson's "Loser and Still Champion" tour dispatches, hehe. But I was somewhat disgusted to see that page 12 of the Aug. 2001 issue has a full-page ad for "Female Fighting" videos that are churned out by some sweaty little porn entrepreneur in New York. This ad came complete with a pitch for some dial-a-slut service offering callers the opportunity to "speak live with torrid, sexy women about wrestling, face-sitting, trampling, domination, foot-worship, catfights and more...." Just last week I was describing to a friend how bodybuilding magazines started becoming quasi-porn mags about five years ago. I'd really hate to see *Grappling* go that same direction.

Will

Bam Bam A Hit

I'd like to commend *Grappling* magazine for the wonderful article on MMA & kickboxing fighter Jermaine "Bam Bam" Andre in your June 2001 issue. Although I was already a fan of Mr. Andre, the article gave fascinating insight into the man behind the fighter. This is the first feature I've seen on Jermaine Andre, and I hope to see many more. Thanks again for the wonderful article.

Hugo Hanriot Jr.

Aussies Rock Down Under

Real Fighting Network rocked Australia's Gold Coast with an MMA event aptly named Spartan 1. The full house at the Palladium in Surfers Paradise was treated to one of the most exciting nights of no-holds-barred action ever witnessed in Australia. Thirteen battles were waged with only one war going the distance! Tai Matsubara (SAW) defeated John McNamara (Shin Do Gym) - judges decision. Byron Donnelly (Danny Higgan's Gym) defeated Tony Davis (Rings Toowoomba) - R1 KO, knee to the head. 'Big' Peter Verbner (Shin Do Gym) defeated Matthew Priebe (Rings Toowoomba) - R1 submission, neck crank. Craig Bartowski (Rings Toowoomba) defeated Tsuyoshi Morikage (S.A.W.) - R1 KO. Jason Wildchild* (Shin Do Gym) defeated Thomas Manderson (Renshinkan) - R2 submission, guillotine choke from guard (Jason is only 15 years old!). Sam Jones (Rings Toowoomba) defeated Adrian McDonald (Shin Do Gym) - R1 TKO. Craig Cruikshank (Renshinkan) defeated Owen Davy (Shin Do Gym) - R1 KO. Darryl Naumann (Rings) defeated 'The D Man' (Team Alliance) R1 submission, guillotine choke from guard. Steve Gillinder (Rings Toowoomba) defeated 'Deano the Machino' (Shin Do Gym) - Towel thrown in R2 after Steve landed a brutal spinning backfist. Kyou Nakao (Shooto) defeated 'The Unknown Fighter' (Team Alliance) - R1 submission, triangle choke. Ross Dallow (John B. Will/Machado BJJ) defeated Kelly Jacobs (Rings) - R2 TKO strikes. **Australian MMA Middleweight Title:** Colin Crosby (Renshinkan) defeated Derek Ferrari (Shin Do) - R2 submission, triangle choke. **Australian MMA Heavyweight Title:** Paul Cale (Extreme) defeated Nathan Stahr (Team Alliance) - R1 submission, rear choke. Those interested in buying the video or participating in upcoming MMA events in Australia contact jeremy@blitzmag.com.au

Book Review

Ringside and Training Principles

Reviewed by Steve Kim
courtesy, MaxBoxing.com

It may not be *Requiem for a Heavyweight*, *In This Corner* or *Rope Burns*, but *Ringside and Training Principles*, written under the auspices of the Nevada State Athletic Commission, is a 174-page gem in its own right that belongs on the shelves of every boxer, trainer, manager and fan. No, it won't turn young fighters (who this book is really geared for) into Sugar Ray Robinson or fledgling trainers into Ray Arcel. But what this book does is dispense some good old-fashion common sense regarding the fight game from some of its biggest practitioners.

"The intent is really to help the amateur kids," Marc Ratner, Executive Director of the NSAC, explained. "The kids who are just getting in the fight game and to try and explain to them what the business is about from all aspects. Whether it's legal, it's accounting, or whether it's from a trainer's standpoint."

Dr. Homansky and Dr. Goodman have been fixtures on the Las Vegas fight scene for years, and according to Ratner, they were the spearheads for this book. It was this duo that put in the most time to interview and gather information from the book's contributors.

"It's a book for trainers and boxers," explained Homansky. "This is for a kid before he signs a contract, for a kid before he chooses a mouthpiece, before he picks gloves, he should be reading this. This is something he needs to know before losing weight, so he knows how to handle nutrition. Again, it's to empower the boxer."

Dr. Goodman, who many boxing fans may recognize as the lady doctor who probes into the eye's of fighters with the bright light, says the idea of this book came to her a couple of years ago. "I first thought of doing this book when we were dealing with the Terry Norris situation," explained Dr. Goodman. "Terry was going to be coming before the commission to get licensed and I think you probably know all the problems that ensued with Terry as far as having evidence of chronic injuries. The problem we found out very quickly was his training regimen, Terry had a training regimen where he would constantly stand in the gym, round after round and this was his lifestyle of fighting."

Norris, once one of the game's best performers throughout the 90s, quickly became a 'shot' fighter. It was well known in boxing circles that Norris would routinely engage in 'gym wars' and many noticed deteriorating motor skills and slurred speech from Norris. He would eventually be denied a license. Goodman continued: "Fighters that predispose themselves to that kind of punishment in the gym are the ones that have a much higher likelihood of ending up with chronic injury problems.

Goodman, who has seen countless fights, says the making of this book was a great learning experience for her. "I've learned more than I've ever learned," stated Dr. Goodman. "I can't even tell you. It helped me to know what a fighter is going through before they came to the fight. Obviously as a ring doctor or as the commission we only have a few minutes to talk to the fighter. We realized that if we were going to help them, we needed to reach them in the time when they were going to suffer most of their injuries and that was in the gym." With the fact that some of the most recognizable figures in the sport are prominently involved in the book, it gives it instant credibility.

"You've got people like Teddy Atlas and other great trainers, you got Sean O'Grady, Jessie Reid and Emanuel Steward," points out Dr. Homansky. "I mean, if you love the sport, how can you not read these people?"

The response, according to Ratner, from those who have gotten to read the book has been very favorable. In the last couple of weeks, members of the NSAC have been giving the book out to various members of the media and the fight game. The book is also being made available to amateur clubs in southern Nevada, but the general public may have a hard time getting one right away. "I can't go out and market it," explained Ratner. "There are state statutes and stuff like that. What I'd like to do is talk to different libraries and put them in there. I would like the general public to see it. I'm hoping that it is well read and widespread."

Ringside and Training Principles is a quick and easy read, but don't underestimate it's value. If one young fighter decides to change his training regimen, his eating habits, sparring sessions or decides to start putting away some of his ring earnings — then this book has made it's desired impact.

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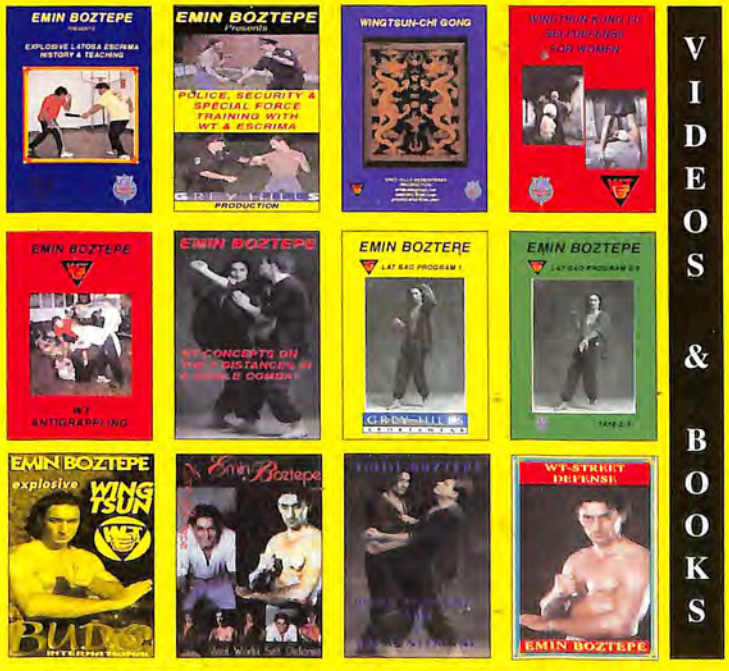

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#1232 12" 20 oz. $39.95 pr.
Nunchaku not sold in NY, MA, and CA or where prohibited by law

Vinyl Double Clapper Paddles
Adidas®
#88087 $39.95 ea.
ProForce®
#8349 $18.95 ea.

Kempo Gloves
leather and canvas with broken knuckles/vented palms
MD, LG, XL,
$69.95 pr.

Black Satin Belts with Gold Metallic Embroidery
2" Blk Satin Belts 13 rows of stitching.Gold Metallic Embroidery
Sizes 3-7
$39.95 ea.

10 Belt Display (belts separate)
You earned them now show them!
#3009 $34.95 ea.

ProForce® Stretchmaster – #8408
Steel, Weighs 45 lbs., Comes assembled, Adjustable padded back rest, Gear-driven crank. $250.00 ea.

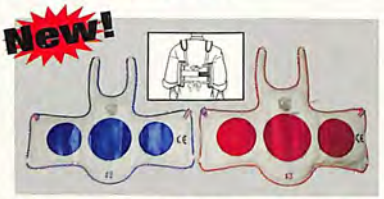
Swords
Aluminum Broadsword
#1817 32" long $49.95 ea.
Samurai Diato(alloy blade) Made in Japan
#1880 40" long $99.95 ea.
Straight Blade 440 Stainless Steel Diato
#2001 37" long $29.95 ea.
Bamboo Shinai
42", 44", 46" long $24.95 ea.
Wooden Diato
#1949 40" long $9.95 ea.

Adidas® Adi Champ Tae Kwon Do Uniform (belt not included)
55/45 WTF Approved Sizes 000-8 Black or White V-neck.
$69.95 ea.

TKD Gear Bag
Adidas®
#718432 29"x15"x17" $59.95 ea.
Locker Room
#1744 27"x15"x12 1/2" $39.95 ea.
Sport
#1665 22"x11" $19.95 ea.

Yin and Yang Gear Bag
Locker Room
#1743 27"x15"x12 1/2" $39.95 ea.
Tournament
#1634 27"x9"x13" $29.95 ea.
Sport
#1668 22"x11" $19.95 ea.

Proforce® Combination Shin/Instep Guard
covers entire kicking area from instep to top of shin.
Sizes CM, CL, SM, MD, LG, XL
$12.95 pr.



Taekwondo Reversible Chestguard – $29.95 ea.
Reversable Tournament Design with circle point targets
Sizes CM, SM, MD, LG, XL

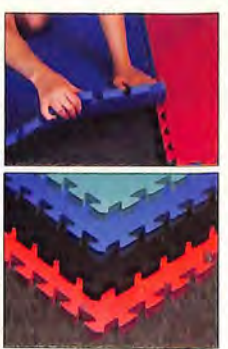
Blue Macho® Warrior Gear

Kick $37.95 pr.
Sizes CM, CL, SM, MD, LG XL

Headguard $43.95 ea.
Sizes SM, MD, LG, XL

Punch $37.95 pr.
Sizes CM, CL, SM, MD, LG XL

Jigsaw Mats – $44.95 ea.
40" x 40" x 7/8". Lightweight. Snaps together.



Add-A-Mats
1-3/8" firm cross-link foam. 18 oz. blue vinyl coated nylon cover. 2" hook & loop fasteners on all 4 sides.
4 ft. x 6 ft. $195.00 ea.
4 ft. x 8 ft. $225.00 ea.
5 ft. x 10 ft. $325.00 ea.
6 ft. x 12 ft. $425.00 ea.

Foam Shields – $44.95 ea.
Shock absorbent foam, vinyl cover.
30" x 15" x 5".
#8853 Red
#8854 Black
#8855 Blue

ProForce® Headguard w/Mask
Closed cell foam padding with leatherette covering. Adjustable hook & loop closure, clear view face mask. $59.95 ea.
MD and LG

ProForce® Headguard w/Face Cage
Shock reducing closed cell foam. Soft vinyl cover. Hook & loop closure. White. $49.95 ea.
MD, LG, XL

12 oz. Vinyl Boxing Gloves
#8012 $19.95 pr.

MARTIAL ARTS LEGENDS PRESENTS: GRAPPLING

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